



Male - Transitional Sample Daily Meal Plan

Total Food For The Day	
3 Milk	_3_ Vegetables
2 Fruits	_7_ Grains
6 Meat & Beans	_6t Fats / Oils
290 Extras	

Breakfast

_5 Milk	___ Vegetables
_5 Fruits	_2_ Grains
1 Meat & Beans	_1t Fats / Oils
_48 Extras	

Snack

___ Milk	___ Vegetables
_5 Fruits	_1_ Grains
___ Meat & Beans	_1_ Fats / Oils
50_ Extras	

Dinner

1 Milk	_1_ Vegetables
_5 Fruits	_1_ Grains
3 Meat & Beans	_1t Fats / Oils
48_ Extras	

Snack

_5 Milk	_1_ Vegetables
___ Fruits	_1_ Grains
___ Meat & Beans	_1t Fats / Oils
_48 Extras	

Supper

_5 Milk	_1_ Vegetables
___ Fruits	_1_ Grains
2 Meat & Beans	_1t Fats / Oils
_48 Extras	

Snack

.5_ Milk	___ Vegetables
_5 Fruits	_1_ Grains
___ Meat & Beans	_1t Fats / Oils
_48 Extras	