



Male - Active Sample Daily Meal Plan

Total Food For The Day	
3 Milk	_3_ Vegetables
2 Fruits	_8_ Grains
6.5 Meat & Beans	_7t Fats / Oils
360 Extras	

Breakfast

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

Snack

___ Milk	___ Vegetables
_5 Fruits	_2_ Grains
___ Meat & Beans	_2t Fats / Oils
_60 Extras	

Dinner

1 Milk	_1_ Vegetables
_5 Fruits	_1_ Grains
3 Meat & Beans	1t_ Fats / Oils
_60 Extras	

Snack

_5 Milk	_1_ Vegetables
___ Fruits	_1_ Grains
___ Meat & Beans	_1_ Fats / Oils
60_ Extras	

Supper

1 Milk	_1_ Vegetables
___ Fruits	_1_ Grains
_2.5 Meat & Beans	_1t Fats / Oils
_60 Extras	

Snack

___ Milk	___ Vegetables
_5 Fruits	_1_ Grains
___ Meat & Beans	_1_ Fats / Oils
60_ Extras	