

My Meal Plan

Sample meal plan

3-4 carbohydrate choices per meal

	Breakfast	Lunch	Dinner
Day 1	1 English muffin (2 choices) 1 apple banana (1 choice) Egg or egg substitute Coffee with sweetener	Tofu salad 6-12 crackers (1-2 choices) 1 medium apple (2 choices) Unsweetened iced tea	3-4 oz. steamed fish 2/3 cup poi (2 choices) Cabbage 1/3-2/3 cup rice (1-2 choices)
Day 2	1 cup oatmeal (2 choices) 1 cup skim milk (1 choice) 1 tablespoon walnuts Hot tea	2 slices whole-wheat bread (2 choices) Tuna with light mayo Lettuce, tomato, cucumber 3/4 cup berries (1 choice)	3-4 oz. grilled pork chop 1 medium sweet potato (2 choices) 1/2 cup corn (1 choice) Green salad with low-fat dressing
Day 3	2 slices whole-wheat toast (2 choices) 1/2 papaya (1 choice) 1/2 cup cottage cheese Unsweetened drink	3-4 oz. grilled chicken 1 cup pasta/noodles (3 choices) 1 slice garlic bread (1 choice) Green salad	3-4 oz. lean beef Stir-fry vegetables 1 cup brown rice (3 choices) 2 small tangerines (1 choice)

Consult with your doctor or a dietitian if you have other food limitations.

	Breakfast	Lunch	Dinner
Meats and protein			
Dairy			
Fruits			
Grains/starchy vegetables			
Non-starchy vegetables			
Fat			
Snack (optional)			