

2200 calories per day									
Breakfast 7:30 AM				Breakfast					
1		Fat-free Milk or substitute							
1		Fruit							
2		Bread/Starch							
2		Meat (moderate)							
1		Fat							
Mid-Morning Snack 10:00 AM				Mid-Morning Snack					
1		Fruit							
1		Bread/Starch							
Lunch 1:00 PM				Lunch					
0		Fat-free Milk or substitute							
1		Vegetable							
1 1/2		Fruit							
2		Bread/Starch							
5		Meat (lean)							
1		Fat							
Mid-Afternoon Snack 3:00 PM				Mid-Afternoon Snack					
1		Fruit							
1		Bread/Starch							
1		Meat (lean)							
Dinner 6:30 PM				Dinner					
0		Fat-free Milk or substitute							
1		Vegetable							
1 1/2		Fruit							
2		Bread/Starch							
5		Meat (lean)							
1		Fat							
Night Snack 9:00 PM				Night Snack					
1		Fat-free Milk or substitute							
1		Bread/Starch							