



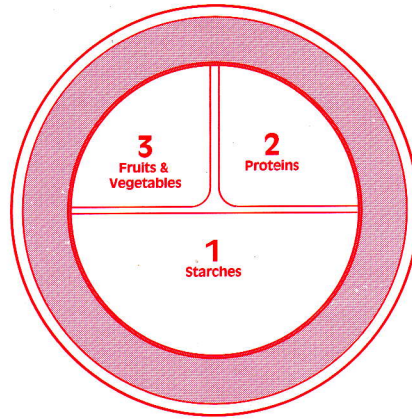
EASY PLAN

SAMPLE MEAL PLANNING CHART

BREAKFAST

Choose 1 selection from each of the food group choices

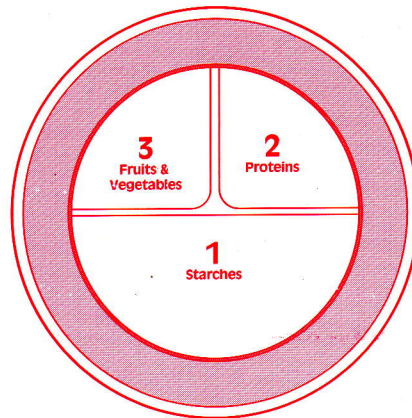
1. 1 cup Cream of Wheat
2. 1 slice Low Fat Cheese
3. 1/2 Grapefruit



LUNCH

Choose 1 selection from each of the food group choices

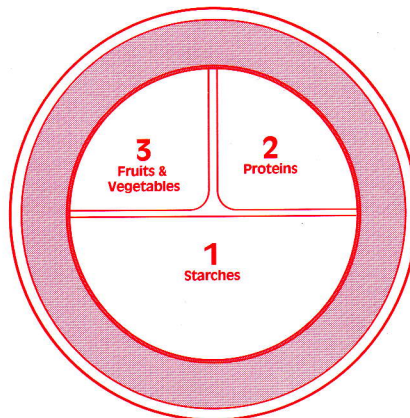
1. 1 cup Rice
2. 3 oz. Chicken
3. 1 Cup Sweet Peas



DINNER

Choose 1 selection from each of the food group choices

1. 1 cup Pasta
2. 3 oz. Ground Turkey
3. 1/2 cup Artichokes



SNACK

Choose 1 selection from the food group choices

Example:

- 8 Animal Crackers or
- 1 Peach

SNACK

Choose 1 selection from the food group choices

Example:

- 1 cup Carrots or
- 1 cup sliced Watermelon

*This is a sample menu only. Choose items from food group chart to plan your meals.