



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast = protein + fruit + starch	Breakfast						
Lunch = protein + starch + 2 vegetables	Protein						
Supper = protein + starch + 2 vegetables	Starch						
Try to have a snack in between meals of no more than 80 – 100 calories. Fruit is always great.	Fruit						
<i>Recommended portion sizes:</i>	Other						
Vegetables and Fruit Fresh, frozen or canned each The size of a lightbulb (1/2 cup/125 mL)	Snack						
Low Fat Dairy Products 1 cup/ 250 mL milk	Lunch						
Chicken, Fish and Lean Meat The size of a deck of cards (3-4 oz/50-100 g)	Protein						
Fats The size of a die (1tbsp/15 mL) <i>Includes butter, oil, non-hydrogenated margarine and salad dressing</i>	Starch						
Dessert Ice cream the size of a tennis ball (1/2 cup/125 mL)	Vegetable						
	Vegetable						
	Other						
	Snack						
	Supper						
	Protein						
	Starch						
	Vegetable						
	Vegetable						
	Other						
	Snack						
	Activity (Total 150 minutes)						