

Planning Meals and Snacks – from Marcia

I put together this worksheet to help you strategize basic meal planning. Print it out and use it as needed – read the Calories, Exchanges and Meal Plans article for ideas on what core foods to eat.

Choose foods from each group to assemble your meals. Don't worry about portions, eat intuitively - eat when you're hungry and stop when you're full. Fill your plate of food with what you think is a reasonable amount, eat it, and wait 20 minutes if you want more. If you want more after 20 minutes, make one half a plate and allow yourself to eat until satiated.

Basic Meal Planning Strategy

	Grains	Protein	Fruit/Vegetable	Healthy Fat
Breakfast				
Lunch				
Dinner				

Calcium rich food: (3 servings) _____

Basic Snack Planning Strategy

	Grains/Fruits/Vegetables	Protein/Fat
Snack 1		
Snack 2		
Snack 3		

Please refer to calories, exchanges, and meal plan lists for categories of foods and portion sizes.