

Adult Meal Planning Guide

Week of: _____

Name: _____

Phone number: _____

Meal Component	Min. Serving Size	Day of Week				
		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast						
Fluid Milk*	1 c. (8 fl. oz.)					
Bread/Alternate	2 slices, 1-1/2 c. dry cereal, or 1 c. cooked grain/noodle					
Fruit/Vegetable	½ c.					
Other (optional)						
Lunch/Supper						
Fluid Milk**	1 c. (8 fl. oz.)					
Bread/Alternate	2 slices, 1-1/2 c. dry cereal, or 1 c. cooked grain/noodle					
Meat/Alternate	2 oz.**					
Fruit/Vegetable	1 c. total					
Fruit/Vegetable						
Other (optional)						
Snack – Must contain 2 of the 4 components						
Fluid Milk*	1 c. (8 fl. oz.)					
Bread/Alternate	1 slice, ¾ c. dry, or ½ c. cooked grain/noodle					
Meat/Alternate	1 oz.**					
Fruit/Vegetable	½ c.					
Other (optional)						

* Milk must be low-fat or fat-free.

† Milk is required at lunch. Milk is NOT required at supper.

** Ounce equivalents for meats/alternates: meat and cheese, 1 oz = 1 oz; eggs, ½ egg = 1 oz; cooked beans/peas, ¼ c. = 1 oz; peanut/nut/seed butters, 2 tbsp = 1 oz; nuts/seeds, 1 oz = 1 oz (nuts/seeds may provide no more than half of the requirement at lunch/supper); yogurt, 4 oz (1/2 c.) = 1 oz