

## Planning Your Meals

The table below is an example of how to plan your meals and snacks.

<b>Meal</b>	<b>Protein*</b> <i>(1 serving at every meal and snack)</i>	<b>Grains and Starchy Vegetables</b> <i>(1-2 servings per meal and/or 1 serving at a snack)</i>	<b>Fat</b> <i>(Up to 2 servings per meal, including preparation)</i>	<b>Non-Starchy Vegetables</b> <i>(3 or more servings per day)</i>	<b>Fruit</b> <i>(2 servings per day)</i>
Breakfast					
Morning Snack					
Lunch					
Afternoon Snack					
Dinner					
<b>TOTAL SERVINGS:</b>	5 <i>Goal = 5</i>	6 <i>Goal = No more than 8</i>	3 <i>Goal = No more than 4</i>	4 <i>Goal = 3 or more</i>	2 <i>Goal = 2</i>

# Shopping List for Healthy Food Choices

## Proteins

*(Meat: 3-4 oz per meal and 1-2oz per snack, Eggs: 1 whole plus 2 egg whites OR 3-4 oz egg whites, Dairy: Following serving size on food label, Protein Supplement: 1 serving containing 20-30 grams of protein, Beans: ½ cup cooked)*

<input type="checkbox"/> Low fat Dairy <input checked="" type="checkbox"/> Cottage cheese <input checked="" type="checkbox"/> String cheese sticks <input checked="" type="checkbox"/> Nonfat yogurt - Greek has more protein <input type="checkbox"/> Lean red meat or pork <input checked="" type="checkbox"/> Fillet, loin or Round <input type="checkbox"/> Chicken or turkey breast - skinless	<input type="checkbox"/> Extra lean ground turkey or beef (90% lean or more) <input type="checkbox"/> Fish <input checked="" type="checkbox"/> Tuna packed in water <input checked="" type="checkbox"/> Tilapia, salmon, cod, halibut, mahi mahi – fresh or frozen <input type="checkbox"/> Tofu, tempeh	<input type="checkbox"/> Eggs/egg whites <input type="checkbox"/> Beans/Legumes <input checked="" type="checkbox"/> Lentils <input checked="" type="checkbox"/> Black, kidney, white, garbanzo, nonfat refried beans, hummus <input checked="" type="checkbox"/> Edamame <input type="checkbox"/> Protein supplement/powder
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## Grains and Starchy Vegetables

*(Bread: 1 slice, Pasta: ½ cup cooked, Rice: ½ cup cooked, Potatoes: ½ cup mashed or 1 small sweet or red potato, Tortillas: 1 small)*

<input type="checkbox"/> Oats (regular or steel cut) <input type="checkbox"/> Barley <input type="checkbox"/> Quinoa <input type="checkbox"/> Bulgur <input type="checkbox"/> Faro <input type="checkbox"/> Spelt <input type="checkbox"/> Brown rice	<input type="checkbox"/> Whole wheat tortillas <input type="checkbox"/> Whole wheat pasta <input type="checkbox"/> Whole wheat bread <input type="checkbox"/> Whole wheat crackers <input type="checkbox"/> Rye <input type="checkbox"/> Buckwheat <input type="checkbox"/> Millet	<input type="checkbox"/> Sweet or red potatoes <input type="checkbox"/> Corn <input type="checkbox"/> Peas <input type="checkbox"/> Butternut squash <input type="checkbox"/> Acorn squash <input type="checkbox"/> Pumpkin <input type="checkbox"/> Spaghetti squash
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## Fat

*Serving = ¼ cup or 2 oz*

<input type="checkbox"/> Nuts – ¼ cup <input type="checkbox"/> Peanut or almond butter – 2 tablespoons <input type="checkbox"/> Seeds (pumpkin, sunflower, sesame) – ¼ cup <input type="checkbox"/> Avocado – ¼ per serving	<input type="checkbox"/> Olive oil – 2 tablespoons <input type="checkbox"/> Olives– 5-10 olives <input type="checkbox"/> Chia seeds; ground flax seeds – 2 tablespoons <input type="checkbox"/> Salmon, mackerel, sardines – 3 oz
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## Non-starchy Vegetables

*Serving = 1-1/2 cups*

<input type="checkbox"/> Carrots <input type="checkbox"/> Beets <input type="checkbox"/> Radish <input type="checkbox"/> Bell Peppers <input type="checkbox"/> Tomatoes	<input type="checkbox"/> Green beans <input type="checkbox"/> Mushrooms <input type="checkbox"/> Cauliflower <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Lettuce	<input type="checkbox"/> Broccoli <input type="checkbox"/> Asparagus <input type="checkbox"/> Zucchini <input type="checkbox"/> Cabbage <input type="checkbox"/> Eggplant	<input type="checkbox"/> Spinach <input type="checkbox"/> Kale <input type="checkbox"/> Onion <input type="checkbox"/> Cucumber <input type="checkbox"/> Celery
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## Fruit

*Serving = 1 cup cut or 1 medium whole fruit*

<input type="checkbox"/> Blueberries <input type="checkbox"/> Raspberries <input type="checkbox"/> Strawberries <input type="checkbox"/> Banana (½) <input type="checkbox"/> Grapefruit <input type="checkbox"/> Peaches	<input type="checkbox"/> Mango <input type="checkbox"/> Pineapple <input type="checkbox"/> Apple <input type="checkbox"/> Cantaloupe <input type="checkbox"/> Honeydew <input type="checkbox"/> Nectarines	<input type="checkbox"/> Orange <input type="checkbox"/> Grapes <input type="checkbox"/> Watermelon <input type="checkbox"/> Cherries <input type="checkbox"/> Kiwi <input type="checkbox"/> Pears
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