

MEAL PLAN

Standard Plates: Three Meals and Two to Three Snacks

MEAL		1	2	3		4	5	6	7
Breakfast	Starch	Oatmeal	Toast (2 slices)	Pancakes		Granola	English muffin	Bagel	Cereal, toast
	Protein	Nuts	Eggs	Breakfast sausage		Yogurt	Eggs	Eggs	Bacon
	Vegetable/ Fruit	Apple	Banana	Orange		Blueberries	Banana	Strawberries	Pear
	Fat	Butter	Butter	Butter		Nuts	Avocado	Cream cheese	Butter
	Dairy	Milk	Yogurt	Yogurt		Milk	Cheese	Milk	Milk
	Other/Side	Brown sugar		Syrup					
Snack	Two items	Yogurt Granola	Crackers Cheese	Muffin Nuts		Trail mix Juice	Granola bar Milk	Brownie Milk	Chips Guacamole
Lunch	Starch	Turkey sandwich	Pizza (2 slices)	Ham sandwich		Grilled cheese	PB&J sandwich	Wrap	Hot dog bun
	Protein	(Turkey in sandwich)	(Cheese on pizza)	(Ham on sandwich)		(Cheese in sandwich)	(Peanut butter)	Chicken	Hot dog
	Vegetable/ Fruit	Lettuce/tomato, pear	Mixed salad	Grapes		Tomato soup	Apple	Lettuce, cucumber	Grapes
	Fat	Avocado	Salad dressing	Mayonnaise		Butter	Cookie	Hummus	Potato chips
	Dairy	Cheese	Milk	Cheese		Milk	Milk	Feta cheese	Milk
	Other/Side	Pretzels		Chips			(Jelly)	Pita chips	
Snack	Two items	Hummus Pita chips	Guacamole Tortilla chips	Crackers Cheese		Cookie Milk	Yogurt Granola	Nature Valley bar Juice	Chocolate-covered dried fruit Yogurt
Dinner	Starch	Rice	Pesto pasta	Tortillas		Couscous	Spaghetti, garlic bread	Lo mein	Hamburger bun
	Protein	Chicken	Salmon	Steak fajitas		BBQ Chicken	Meatballs	Chicken teriyaki	Burger
	Vegetable/ Fruit	Asparagus	Broccoli	Bell peppers/onion		Sautéed spinach	Green beans	Stir-fried mixed veggies	Salad
	Fat	Oil	(Pesto on pasta)	Sour cream		Oil	Butter	Oil	Salad dressing, avocado
	Dairy	Milk	Parmesan cheese	Shredded cheese		Milk	Parmesan cheese	Milk	Cheese
Snack	Two items	Cookies Milk	Fruit smoothie Graham crackers	Ice cream Mixed berries		Chocolate Nuts	Toast Peanut butter	Chocolate-covered almonds Dried mango	Yogurt Granola

MEAL PLAN

Vegetarian Plates: Three Meals and Two to Three Snacks

MEAL		1	2	3		4	5	6	7
Breakfast	Starch	Oatmeal	Toast (2 slices)	Pancakes		Granola	English muffin	Bagel	Cereal, toast
	Protein	Nuts	Eggs	Veggie sausage		Yogurt	Eggs	Eggs	Veggie bacon
	Vegetable/ Fruit	Apple	Banana	Orange		Blueberries	Banana	Strawberries	Pear
	Fat	Butter	Butter	Butter		Nuts	Avocado	Cream cheese	Butter
	Dairy	Milk	Yogurt	Yogurt		Milk	Cheese	Milk	Milk
	Other/Side	Brown sugar		Syrup					
Snack	Two items	Yogurt Granola	Crackers Cheese	Muffin Nuts		Trail mix Juice	Granola bar Milk	Brownie Milk	Chips Guacamole
Lunch	Starch	Cheese sandwich	Pizza (2 slices)	Hamburger bun		Grilled cheese	PB&J sandwich	Wrap	Hot dog bun
	Protein	Hummus	(Cheese on pizza)	Veggie burger		(Cheese in sandwich)	(Peanut butter)	Falafel	Veggie sausage
	Vegetable/ Fruit	Lettuce/tomato, pear	Mixed salad	Lettuce/tomato		Tomato soup	Apple	Lettuce, cucumber	Grapes
	Fat	Avocado	Salad dressing	Mayonnaise, avocado		Butter	Cookie	Hummus	Potato chips
	Dairy	Cheese	Milk	Cheese		Milk	Milk	Feta cheese	Milk
	Other/Side	Pretzels		Chips			(Jelly)	Pita chips	
Snack	Two items	Hummus Pita chips	Guacamole Tortilla chips	Crackers Cheese		Cookie Milk	Yogurt Granola	Nature Valley bar Juice	Chocolate-covered dried fruit Yogurt
Dinner	Starch	Stir-fried rice	Pesto pasta	Tortillas		Couscous	Spaghetti, garlic bread	Lo mein	Hamburger bun
	Protein	Tofu, egg (in rice)	Milk	Beans		Fried tofu	Veggie meatballs	Tofu teriyaki, edamame beans	Veggie burger
	Vegetable/ Fruit	Stir-fried mixed veggies	Broccoli	Bell peppers/onion		Sautéed spinach	Green beans	Stir-fried mixed veggies	Salad
	Fat	Oil	(Pesto on pasta)	Sour cream		Oil	Butter	Oil	Salad dressing, avocado
	Dairy	Milk	Parmesan cheese	Shredded cheese		Milk	Parmesan cheese	Milk	Cheese
Snack	Two items	Cookies Milk	Fruit smoothie Graham crackers	Ice cream Mixed berries		Chocolate Nuts	Toast Peanut butter	Chocolate-covered almonds Dried mango	Yogurt Granola

MEAL PLAN

Standard Plates: Three Meals and Two to Three Snacks + Drinks

MEAL		1	2	3		4	5	6	7
Breakfast	Starch	Oatmeal	Toast (2 slices)	Pancakes		Granola	English muffin	Bagel	Cereal and toast
	Protein	Nuts	Eggs	Breakfast sausage		Yogurt	Eggs	Eggs	Bacon
	Vegetable/ Fruit	Apple	Banana	Orange		Blueberries	Banana	Strawberries	Pear
	Fat	Butter	Butter	Butter		Nuts	Avocado	Cream cheese	Butter
	Dairy	Milk	Yogurt	Yogurt		Milk	Cheese	Milk	Milk
	Other/Side	Brown sugar		Syrup					
	Drink	Additional cup of milk	Juice	Juice		Additional cup of milk	Juice	Additional cup of milk	Additional cup of milk
Snack	Two items Drink	Yogurt Granola Juice	Crackers Cheese Juice	Muffin Nuts Milk		Trail mix Juice (2 servings, for added drink)	Granola bar Milk (2 servings, for added drink)	Brownie Milk (2 servings, for added drink)	Chips Guacamole Juice
Lunch	Starch	Turkey sandwich	Pizza (2 slices)	Ham sandwich		Grilled cheese	PB&J sandwich	Wrap	Hot dog bun
	Protein	(Turkey in sandwich)	(Cheese on pizza)	(Ham on sandwich)		(Cheese in sandwich)	(Peanut butter)	Chicken	Hot dog
	Vegetable/ Fruit	Lettuce/tomato, pear	Mixed salad	Grapes		Tomato soup	Apple	Lettuce, cucumber	Grapes
	Fat	Avocado	Salad dressing	Mayonnaise		Butter	Cookie	Hummus	Potato chips
	Dairy	Cheese	Milk	Cheese		Milk	Milk	Feta cheese	Milk
	Other/Side	Pretzels		Chips			(Jelly)	Pita chips	
	Drink	Juice	Additional cup of milk	Juice		Additional cup of milk	Additional cup of milk	Juice	Additional cup of milk
Snack	Two items Drink	Hummus Pita chips Juice	Guacamole Tortilla chips Juice	Crackers Cheese Juice		Cookie Milk (2 servings, for added drink)	Yogurt Granola Juice	Nature Valley bar Juice (2 servings, for added drink)	Chocolate-covered dried fruit Yogurt Juice
Dinner	Starch	Rice	Pesto pasta	Tortillas		Couscous	Spaghetti, garlic bread	Lo mein	Hamburger bun
	Protein	Chicken	Salmon	Steak fajitas		BBQ Chicken	Meatballs	Chicken teriyaki	Burger
	Vegetable/ Fruit	Asparagus	Broccoli	Bell peppers/onion		Sautéed spinach	Green beans	Stir-fried mixed veggies	Salad
	Fat	Oil	(Pesto on pasta)	Sour cream		Oil	Butter	Oil	Salad dressing, avocado
	Dairy	Milk	Parmesan cheese	Shredded cheese		Milk	Parmesan cheese	Milk	Cheese
	Other/Side								
	Drink	Additional cup of milk	Juice	Juice		Additional cup of milk	Juice	Additional cup of milk	Juice
Snack	Two items Drink	Cookies Milk (2 servings, for added drink)	Graham crackers Fruit smoothie (2 servings, for added drink)	Ice cream Mixed berries Juice		Chocolate Nuts Milk	Toast Peanut butter Milk	Chocolate-covered almonds Dried mango Juice	Yogurt Granola Juice

MEAL PLAN

Vegetarian Plates: Three Meals and Two to Three Snacks + Drinks

MEAL		1	2	3		4	5	6	7
Breakfast	Starch	Oatmeal	Toast (2 slices)	Pancakes		Granola	English muffin	Bagel	Cereal, toast
	Protein	Nuts	Eggs	Veggie sausage		Yogurt	Eggs	Eggs	Veggie bacon
	Vegetable/ Fruit	Apple	Banana	Orange		Blueberries	Banana	Strawberries	Pear
	Fat	Butter	Butter	Butter		Nuts	Avocado	Cream cheese	Butter
	Dairy	Milk	Yogurt	Yogurt		Milk	Cheese	Milk	Milk
	Other/Side	Brown sugar		Syrup					
	Drink	Additional cup of milk	Juice	Juice		Additional cup of milk	Juice	Additional cup of milk	Additional cup of milk
Snack	Two items Drink	Yogurt Granola Juice	Crackers Cheese Juice	Muffin Nuts Milk		Trail mix Juice (2 servings, for added drink)	Granola bar Milk (2 servings, for added drink)	Brownie Milk (2 servings, for added drink)	Chips Guacamole Juice
Lunch	Starch	Cheese sandwich	Pizza (2 slices)	Hamburger bun		Grilled cheese	PB&J sandwich	Wrap	Hot dog bun
	Protein	Hummus	(Cheese on pizza)	Veggie burger		(Cheese in sandwich)	(Peanut butter)	Falafel	Veggie sausage
	Vegetable/ Fruit	Lettuce/tomato, pear	Mixed salad	Lettuce/tomato		Tomato soup	Apple	Lettuce, cucumber	Grapes
	Fat	Avocado	Salad dressing	Mayonnaise, avocado		Butter	Cookie	Hummus	Potato chips
	Dairy	Cheese	Milk	Cheese		Milk	Milk	Feta cheese	Milk
	Other/Side	Pretzels		Chips			(Jelly)	Pita chips	
	Drink	Juice	Additional cup of milk	Juice		Additional cup of milk	Additional cup of milk	Juice	Additional cup of milk
Snack	Two items Drink	Hummus Pita chips Juice	Guacamole Tortilla chips Juice	Crackers Cheese Juice		Cookie Milk (2 servings, for added drink)	Yogurt Granola Juice	Nature Valley bar Juice (2 servings, for added drink)	Chocolate-covered dried fruit Yogurt Juice
Dinner	Starch	Stir-fried rice	Pesto pasta	Tortillas		Couscous	Spaghetti, garlic bread	Lo mein	Hamburger bun
	Protein	Tofu, egg (in rice)	Milk	Beans		Fried tofu	Veggie meatballs	Tofu teriyaki, edamame beans	Veggie burger
	Vegetable/ Fruit	Stir-fried mixed veggies	Broccoli	Bell peppers/onion		Sautéed spinach	Green beans	Stir-fried mixed veggies	Salad
	Fat	Oil	(Pesto on pasta)	Sour cream		Oil	Butter	Oil	Salad dressing, avocado
	Dairy	Milk	Parmesan cheese	Shredded cheese		Milk	Parmesan cheese	Milk	Cheese
	Drink	Additional cup of milk	Additional cup of milk	Juice		Additional cup of milk	Juice	Additional cup of milk	Juice
Snack	Two items Drink	Cookies Milk (2 servings, for added drink)	Graham crackers Fruit smoothie (2 servings, for added drink)	Ice cream Mixed berries Juice		Chocolate Nuts Milk	Toast Peanut butter Milk	Chocolate-covered almonds Dried mango Juice	Yogurt Granola Juice

MEAL PLAN

Accelerated Plates: Three Meals and Three Snacks (3 items each)+ Drinks + 2 Shakes

MEAL		1	2	3		4	5	6	7
Breakfast	Starch	Oatmeal, toast	Toast (3 slices)	Pancakes		Granola, toast	English muffins (2 servings)	Bagel	Cereal, toast (2 slices)
	Protein	Nuts	Eggs	Breakfast sausage		Yogurt	Eggs	Eggs	Bacon
	Vegetable/ Fruit	Apple	Banana	Orange		Blueberries	Banana	Strawberries	Pear
	Fat	Butter, peanut butter	Butter	Butter		Nuts	Avocado	Cream cheese	Butter
	Dairy	Milk	Yogurt	Yogurt		(Milk in shake)	Cheese (2 servings)	(Milk in shake)	(Milk in shake)
	Other/Side	Brown sugar	Jam	Syrup		Butter, jam	Butter		Jam
	Drink	Additional cup milk	Juice (2 cups)	Shake		Shake	Juice (2 cups)	Shake	Shake
Snack	Three items Drink	Yogurt Granola Nuts Juice	Crackers Cheese Salami Juice	Muffin Nuts Banana Milk		Trail mix Yogurt Juice (2 servings, for added drink)	Granola bar Apple, peanut butter Milk (2 servings, for added drink)	2 brownies Milk (2 servings, for added drink)	Chips Guacamole Juice (2 servings, for added drink)
Lunch	Starch	Turkey sandwich	Pizza (3 slices)	Ham sandwich		Grilled cheese	PB&J sandwich	Wrap	Hot dog bun
	Protein	(Turkey in sandwich)	(Cheese on pizza)	(Ham on sandwich)		(Cheese in sandwich)	(Peanut butter)	Chicken	Hot dog
	Vegetable/ Fruit	Lettuce/tomato, pear	Mixed salad	Grapes		Tomato soup	Apple	Lettuce, cucumber	Grapes
	Fat	Avocado, mayo	Salad dressing	Mayonnaise, avocado		Butter	Cookies	Hummus, avocado	Potato chips
	Dairy	Cheese (2 servings)	(Milk in shake)	Cheese (2 servings)		Milk (in shake)	(Milk in shake)	Feta cheese, yogurt	(Milk in shake)
	Other/Side	Pretzels		Chips			(Jelly), sliced cheese	Pita chips	Baked beans
	Drink	Shake	Shake	Shake		Shake	Shake	Juice	Shake
Snack	Three items Drink	Hummus Pita chips Cheese Juice	Guacamole Tortilla chips Juice (2 servings, for added drink)	Crackers Cheese Salami Juice		Cookies Nuts Milk (2 servings, for added drink)	Yogurt Granola Chocolate chips Juice	Nature Valley bar Banana Nuts Shake	Chocolate-covered dried fruit Yogurt Banana Juice
Dinner	Starch	Rice, bread roll	Pesto pasta, bread	Tortillas		Couscous, bread	Spaghetti, garlic bread	Lo mein	Hamburger bun
	Protein	Chicken	Salmon	Steak fajitas		BBQ Chicken	Meatballs	Chicken teriyaki	Burger
	Vegetable/ Fruit	Asparagus	Broccoli	Bell peppers/onion		Sautéed spinach	Green beans	Stir-fried mixed veggies	Salad
	Fat	Oil, butter	(Pesto on pasta), butter	Sour cream, guacamole		Oil, butter	Butter	Oil	Salad dressing, avocado
	Dairy	(Milk in shake)	Parmesan cheese	Shredded cheese		(Milk in shake)	Parmesan cheese	Milk	Cheese
	Other/Side			Tortilla chips				Pot stickers	French fries
	Drink	Shake	Shake	Juice		Shake	Juice	Additional cup of milk	Juice
Snack	Three items Drink	Cookies Nuts Milk (2 servings, for added drink)	Graham crackers Peanut butter Fruit smoothie (2 servings, for added drink)	Premium ice cream Mixed berries Whipped cream Juice (2 servings, for added drink)		Chocolate Nuts Dried apricots Milk	Toast Peanut butter Banana Shake	Chocolate-covered almonds Dried mango Animal crackers Milk	Yogurt Granola Nuts Juice

MEAL PLAN

Accelerated Vegetarian Plates: Three Meals and Three Snacks (3 items each) + Drinks + 2 Shakes

MEAL		1	2	3		4	5	6	7
Breakfast	Starch	Oatmeal, toast	Toast (3 slices)	Pancakes		Granola, toast	English muffins (2 servings)	Bagel	Cereal, toast (2 slices)
	Protein	Nuts	Eggs	Veggie sausage		Yogurt	Eggs	Eggs	Veggie bacon
	Vegetable/ Fruit	Apple	Banana	Orange		Blueberries	Banana	Strawberries	Pear
	Fat	Butter, peanut butter	Butter	Butter		Nuts	Avocado	Cream cheese	Butter
	Dairy	Milk	Yogurt	Yogurt		(Milk in shake)	Cheese (2 servings)	(Milk in shake)	(Milk in shake)
	Other/Side	Brown sugar	Jam	Syrup		Butter, jam	Butter		Jam
	Drink	Additional cup of milk	Juice (2 servings)	Shake		Shake	Juice (2 servings)	Shake	Shake
Snack	Three items Drink	Yogurt Granola Nuts Juice	Crackers Cheese Avocado Juice	Muffin Nuts Banana Milk		Trail mix Yogurt Juice (2 servings, for added drink)	Granola bar Apple, peanut butter Milk (2 servings, for added drink)	2 brownies Milk (2 servings, for added drink)	Chips Guacamole Juice (2 servings, for added drink)
Lunch	Starch	Cheese sandwich	Pizza (3 slices)	Hamburger bun		Grilled cheese	PB&J sandwich	Wrap	Hot dog bun
	Protein	Hummus	(Cheese on pizza)	Veggie burger		(Cheese in sandwich)	(Peanut butter)	Falafel	Veggie sausage
	Vegetable/ Fruit	Lettuce/tomato, pear	Mixed salad	Lettuce/tomato		Tomato soup	Apple	Lettuce, cucumber	Grapes
	Fat	Avocado	Salad dressing	Mayonnaise, avocado		Butter	Cookies	Hummus, avocado	Potato chips
	Dairy	Cheese (2 servings)	(Milk in shake)	Cheese (2 servings)		(Milk in shake)	(Milk in shake)	Feta cheese, yogurt	(Milk in shake)
	Other/Side	Pretzels		Chips			(Jelly), sliced cheese	Pita chips	Baked beans
	Drink	Shake	Shake	Shake		Shake	Shake	Juice	Shake
Snack	Three items Drink	Hummus Pita chips Cheese Juice	Guacamole Tortilla chips Juice (2 servings, for added drink)	Crackers Cheese Avocado Juice		Cookies Nuts Milk (2 servings, for added drink)	Yogurt Granola Chocolate chips Juice	Nature Valley bar Banana Nuts Shake	Chocolate-covered dried fruit Yogurt Banana Juice
Dinner	Starch	Stir-fried rice, egg rolls	Pesto pasta, bread	Tortillas		Couscous	Spaghetti, garlic bread	Lo mein	Hamburger bun
	Protein	Tofu, egg (in rice)	(Milk in shake)	Beans		Fried tofu	Veggie meatballs	Tofu teriyaki, edamame beans	Veggie burger
	Vegetable/ Fruit	Stir-fried mixed veggies	Broccoli	Bell peppers/onion		Sautéed spinach	Green beans	Stir-fried mixed veggies	Salad
	Fat	Oil	(Pesto in pasta), butter	Sour cream, guacamole		Oil	Butter	Oil	Salad dressing, avocado
	Dairy	Milk (in shake)	Parmesan cheese	Shredded cheese		Milk	Parmesan cheese	Milk	Cheese
	Other/Side			Tortilla chips				Pot stickers	French fries
	Drink	Shake	Shake	Juice		Additional cup of milk	Juice	Additional cup of milk	Juice
Snack	Three items Drink	Cookies Nuts Milk (2 servings, for added drink)	Graham crackers Peanut butter Fruit smoothie (2 servings, for added drink)	Premium ice cream Mixed berries Whipped cream Juice (2 servings, for added drink)		Chocolate Nuts Dried apricots Milk	Toast Peanut butter Banana Shake	Chocolate-covered almonds Dried mango Animal crackers Milk	Yogurt Granola Nuts Juice