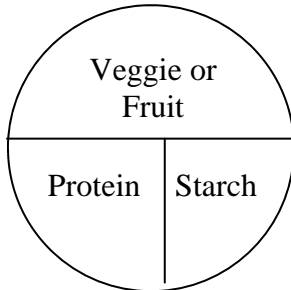


PLATE METHOD PLANNER – print this page for every day of the week you need to plan ahead

Day: _____

BREAKFAST

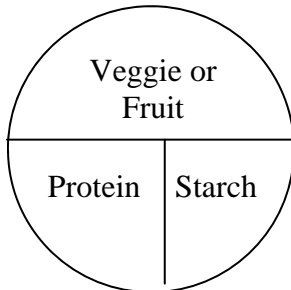
TIME: _____



BREAKFAST	Food Type	How Much?
Protein (= 14-28 grams)		
Veggie or Fruit		
Starch		
Fat		

LUNCH

TIME: _____

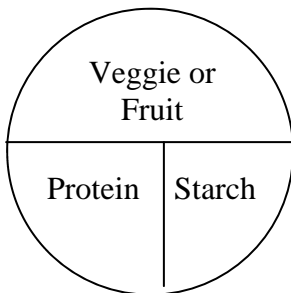


LUNCH	Food Type	How Much?
Protein (= 14-28 grams)		
Veggie or Fruit		
Starch		
Fat		

SNACK TIME: _____	Protein: _____ (= 10-14 grams)	+ Veggie, Fruit, OR Starch : _____ (choose a food group you did not have yet)
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DINNER

TIME: _____



DINNER	Food Type	How Much?
Protein (= 14-28 grams)		
Veggie or Fruit		
Starch		
Fat		

SNACK (optional) TIME: _____	Protein: _____ (= 10-14 grams)	+ Veggie, Fruit, OR Starch : _____ (choose a food group you did not have yet)
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