

Level I Menu Plan 1200-1400 Calories

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	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
275-300 calories	BREAKFAST													
Fruit														
Dairy														
Small Protein		Shake		Shake		Shake		Shake				Shake		Shake
Starch														
Oil/Fat														
275-325 calories	LUNCH													
Vegetable														
Vegetable														
Large Protein														
Starch														
Oil/Fat														
275-300 calories	SNACK													
Fruit														
Dairy														
Small Protein		Bar/MRS												
Starch														
Oil/Fat														
275-325 calories	DINNER													
Vegetable														
Vegetable														
Large Protein														
Starch														
Oil/Fat														