

Level II Menu Plan 1400-1600 Calories

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
275-300 calories	BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
Fruit								
Dairy								
Small Protein		Shake		Shake		Shake		Shake
Starch								
Oil/Fat								
375-425 calories	LUNCH		LUNCH		LUNCH		LUNCH	
Vegetable								
Vegetable								
Large Protein								
Small Protein								
Starch								
Starch								
Oil/Fat								
275-300 calories	SNACK		SNACK		SNACK		SNACK	
Fruit								
Dairy								
Small Protein		Bar/MRS		Bar/MRS		Bar/MRS		Bar/MRS
Starch								
Oil/Fat								
375-425 calories	DINNER		DINNER		DINNER		DINNER	
Vegetable								
Vegetable								
Large Protein								
Small Protein								
Starch								
Starch								
Oil/Fat								