

Level III Menu Plan 1600-1800 Calories

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	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY
275-300 calories	BREAKFAST		BREAKFAST										
Fruit													
Dairy													
Small Protein		Shake											
Starch													
Oil/Fat													
475-525 calories	LUNCH		LUNCH										
Vegetable													
Vegetable													
Large Protein													
Small Protein													
Starch													
Starch													
Starch													
Oil/Fat													
Oil/Fat													
275-300 calories	SNACK		SNACK										
Fruit													
Dairy													
Small Protein		Bar/MRS											
Starch													
Oil/Fat													
475-525 calories	DINNER		DINNER										
Vegetable													
Vegetable													
Large Protein													
Small Protein													
Starch													
Starch													
Starch													
Oil/Fat													
Oil/Fat													