

# Level IV Menu Plan 1800-2000 Calories

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
275-300 calories		BREAKFAST						
Fruit								
Fruit								
Dairy								
Small Protein	Shake		Shake		Shake		Shake	
Starch								
Oil/Fat								
625-675 calories		LUNCH						
Vegetable								
Vegetable								
Protein								
Protein								
Starch								
Starch								
Starch								
Oil/Fat								
Oil/Fat								
Oil/Fat								
275-300 calories		SNACK						
Fruit								
Dairy								
Small Protein	Bar/MRS		Bar/MRS		Bar/MRS		Bar/MRS	
Starch								
Oil/Fat								
625-675 calories		DINNER						
Vegetable								
Vegetable								
Large Protein								
Large Protein								
Starch								
Starch								
Starch								
Oil/Fat								
Oil/Fat								
Oil/Fat								