

## Level V Menu Plan 2000-2200 Calories

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	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
325-350 calories	BREAKFAST													
Fruit														
Fruit														
Dairy														
Small Protein		Shake												
Starch														
Oil/Fat														
Oil/Fat														
625-675 calories	LUNCH													
Vegetable														
Vegetable														
Large Protein														
Large Protein														
Starch														
Starch														
Starch														
Oil/Fat														
Oil/Fat														
Oil/Fat														
325-350 calories	SNACK													
Fruit														
Fruit														
Dairy														
Small Protein		Bar/MRS												
Starch														
Oil/Fat														
Oil/Fat														
625-675 calories	DINNER													
Vegetable														
Vegetable														
Large Protein														
Large Protein														
Starch														
Starch														
Starch														
Oil/Fat														
Oil/Fat														
Oil/Fat														