

WEEKLY MEAL PLAN TEMPLATE

This meal plan is based on the **USDA's MyPlate daily recommended amounts** of each food group for a 2,000-calorie diet.*
Make sure to talk with your health care provider about a diet that is right for you.

FRUIT- 2 CUPS DAILY

Example of 1 cup from Fruit Group

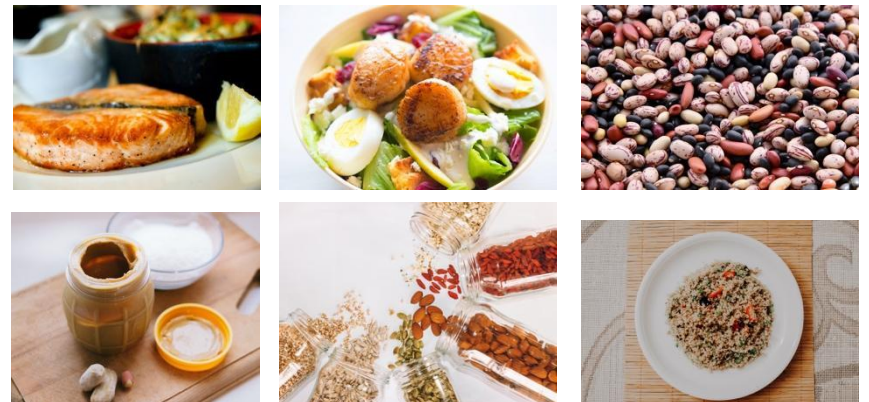
- 1 cup of raw, frozen, or cooked/canned fruit or
- ½ cup of dried fruit or
- 1 cup of 100% fruit juice



PROTEIN- 5 ½ OUNCES

Example of 1 ounce from Protein Food Group

- 1-ounce seafood, lean meat, or poultry or
- 1 egg or
- 1 Tbsp peanut butter or
- ¼ cup cooked beans, peas, or lentils or
- ½ ounce of nuts or seeds



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VEGETABLES- 2 ½ CUPS

Example of 1 cup from the Vegetable Group

- 1 cup of raw, cooked/canned vegetables or
- 2 cups of leafy salad greens or
- 1 cup of 100% vegetable juice



DAIRY- 3 CUPS

Example of 1 cup from the Dairy Group

- 1 cup dairy milk or yogurt or
- 1 cup lactose-free dairy milk or yogurt or
- 1 cup fortified soy milk or yogurt or
- 1 ½ ounces hard cheese



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GRAINS- 6 OUNCES

Example of 1 ounce from the Grains Group

- 1 slice of whole grain bread or
- 1 ounce of whole grain cereal or
- ½ cup brown rice, or whole wheat pasta





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MONDAY					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
TUESDAY					
Breakfast	Snack	Lunch	Snack	Dinner	Snack



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WEDNESDAY					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
THURSDAY					
Breakfast	Snack	Lunch	Snack	Dinner	Snack



WEEKLY MEAL PLAN TEMPLATE

FRIDAY					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
SATURDAY					
Breakfast	Snack	Lunch	Snack	Dinner	Snack

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SUNDAY					
Breakfast	Snack	Lunch	Snack	Dinner	Snack

*The total number of calories a person needs each day varies depending on the person's age, sex, height, weight, and level of physical activity.

NOTE: It is important to drink enough water daily to stay hydrated, especially if you are more physically active or in hot weather. Water or beverages that contain nutrients, such as milk, are better to substitute into your diet than drinking sugar-sweetened beverages.

Learn more at https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html

