

Daily Menu Planner

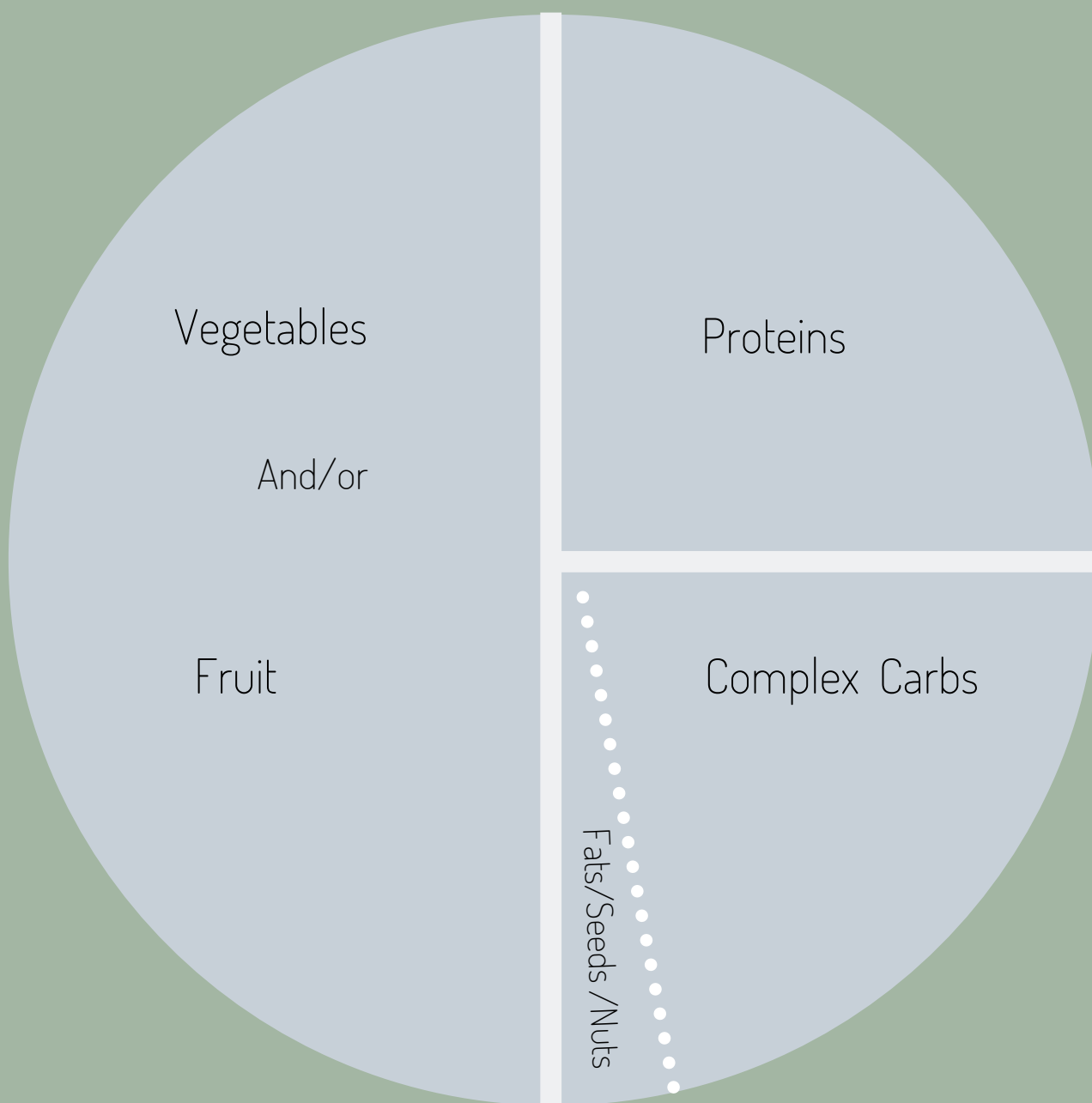
DATE

BREAKFAST

LUNCH

DINNER

Portion Control Plan



Portion of food on one plate 10in/26cm diameter

Choose from each food group with these proportions.

Keep fats/seeds/nuts to 1 tablespoon