



HEALTHY LIVING
NUTRITION

Guided Meal Planner

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit							
	Grain							
	Dairy							
	Protein (optional)							
Morning Snack	Fruit							
	Dairy							
Lunch	Vegetable							
	Protein							
	Fruit							
	Grain							
	Dairy							
Afternoon Snack	Vegetable							
	Protein or Healthy Fat							
Supper	Vegetable							
	Protein							
	Grain							

Guided Meal Planner

Grains
Barley
Brown rice
Corn tortillas
Cream of wheat
Cream of rice
Oatmeal
Popcorn
Quinoa
Rice cakes
Whole grain bread
Whole grain pasta
Whole grain pita
Whole wheat crackers
Whole wheat roll
Whole wheat tortilla
Wild rice

Proteins
Beef
Chicken – dark meat
Chicken – white meat
Cod
Eggs
Egg whites
Flounder
Pollock
Pork
Salmon
Shrimp
Tilapia
Trout
Tuna (chuck light canned)
Turkey
Turkey Bacon
Turkey Sausage
Black beans
Black-eyed peas
Garbanzo / chickpeas
Kidney beans
Lentils
Lima beans

Vegetables
Asparagus
Avocados
Bell pepper
Broccoli
Brussels sprouts
Carrots
Cauliflower
Celery
Collard greens
Corn
Cucumber
Eggplant
Garlic
Green beans
Kale
Lettuce
Mushrooms
Olives
Onion
Potato
Spinach
Sweet peas
Sweet potato
Spaghetti squash
Tomato
Yellow Squash
Zucchini

Healthy Fats & Oils
Avocado oil
Canola oil
Olive oil
Oil-based salad dressing
Almonds
Almond butter
Chia seeds
Flax seeds
Peanuts
Peanut butter
Pistachios
Sunflower seeds
Sunflower butter
Walnuts
Guacamole
Hummus

Fruit
Apple
Applesauce
Banana
Blackberries
Blueberries
Cantaloupe
Cherries
Grapes
Honeydew
Kiwi
Oranges
Orange juice
Peaches
Pears
Pineapple
Raspberries
Strawberries
Watermelon

Dairy/Dairy Alternatives
Almond milk, unsweetened
Almond milk yogurt, plain
Cheddar cheese
Cottage cheese
Feta cheese
Milk, 1% or skim
Mozzarella
Parmesan
Ricotta Cheese
Swiss
Plain yogurt
Greek yogurt
Soy milk, unsweetened
Soy milk yogurt, plain
Oat milk, unsweetened