

SUGGESTED MEAL PLAN

BREAKFAST	HOT CEREAL	COLD CEREAL	EGG	HOT CEREAL	COLD CEREAL	EGG	HOT CEREAL
LUNCH	(EGG)	VEAL	(SOUP)	CHICKEN	SHRIMP	(ALL VEGETABLE)	FISH
DINNER	TURKEY	(SOUP OR ALL VEGETABLE OR EGG)	SALMON	(EGG)	(SOUP)	VEAL	(ALL VEGETABLE)
# OF ITEMS							

1. It's helpful if you use the widest variety of food, seasonings, temperatures, textures and preparation for the widest variety of nutrients and satisfaction too.
2. The above Suggested Meal Plan shows a basic configuration of one week's food. Add a few things to the Plan.

First, **Skip and Scatter:** 3 – 4 Salads per week. Do that now in pencil

Then, **Skip and Scatter:** 3 – 4 Starches per week. Layer those items in the plan above.

Then, **Skip and Scatter:** 3 – 4 Dark Vegetables per weeks. You might put corn or potato or yam with an all-vegetable meal.

Then, **Skip and Scatter:** Occasional Bread OR Beverage OR Dessert OR Alcohol, ONE of Four or none.

3. Use a pencil to count number of items in each day. Use an eraser to remove too many extra items in some of the days.
4. After you've entered salads, (starches, dark vegetables), and bread, (beverage, dessert, and alcohol) to your plan, enter your choices into your calendar or agenda book. It's a good reminder of what you're trying to accomplish.