HOUSTON FAMILY NUTRITION

2500 Calorie Meal Plan

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	8 oz.	3 cups	2 cups	3 cups	6 ½ oz.

Physical Activity Target
150 Minutes

Meal Plan A

(based on a 2500 calorie diet)

Breakfast
- 2 ounce(s) Grains
- 1 cup(s) Fruits
- ½ cup(s) Dairy

Morning Snack
- 2 ounce(s) Grains
- ½ cup(s) Fruits

Lunch
- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- ½ cup(s) Fruits
- 1 cup(s) Dairy
- 2½ ounce(s) Protein Foods

Afternoon Snack
- 1 cup(s) Vegetables
- ½ cup(s) Dairy

Dinner
- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Dairy
- 4 ounce(s) Protein Foods

Meal Plan B

(based on a 2500 Calorie Plan)

Breakfast
- 2 ounce(s) Grains
- 1 cup(s) Dairy
- 2 ounce(s) Protein Foods

Morning Snack
- 1 cup(s) Fruits
- ½ cup(s) Dairy

Lunch
- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- ½ cup(s) Dairy
- 2 ounce(s) Protein Foods

Afternoon Snack
- 2 ounce(s) Grains
- 1 cup(s) Vegetables

Dinner
- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Fruits
- 1 cup(s) Dairy
- 2 ½ ounce(s) Protein Foods

Meal Plan C

(based on a 2500 Calorie Plan)

Breakfast
- 1 cup(s) Fruits
- 1 cup(s) Dairy

Morning Snack
- 2 ounce(s) Grains
- ½ cup(s) Dairy
- 2 ounce(s) Protein Foods

Lunch
- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Dairy

Afternoon Snack
- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- ½ cup(s) Dairy
- 2 ounce(s) Protein Foods

Dinner
- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Fruits
- 2 ½ ounce(s) Protein Foods



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