

Big Meal Menus  
Provide one or two per day

	Menu 1	Menu 2	Menu 3	Menu 4	Menu 5
Proteins & Fats (1/ meal)					
Grains or Starches (1-2/ meal)					
Fruit or Vegetable (2/meal)					
Fats (for flavor)					
Sweets (optional )					

Proteins and Fats = meat, poultry, fish, dairy, eggs, nuts, nut butters  
Carbohydrates = fruits, vegetables, starches, sweets