

Small Meal Menus  
Provide three or four per day

	Menu 1	Menu 2	Menu 3	Menu 4	Menu 5
Protein and Fat					
Carbohydrate					
Extra Fat (optional)					
	Menu 6	Menu 7	Menu 8	Menu 9	Menu 10
Protein and Fat					
Carbohydrate					
Extra Fat (optional)					

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