



CHARGER TRAINING MEAL PLAN
WEIGHT LESS THAN 200 POUNDS

BREAKFAST

2 servings of milk
2 servings of fruit
2 servings of starch/bread/cereals
2 servings of fat

MID-MORNING SNACK

2 servings of starch/bread/cereals
1 serving of fruit

LUNCH

1 serving of milk
2 servings of vegetables
2 servings of fruit
3 servings of starch/bread/cereals
4 ounces of (protein) meat

MID-AFTERNOON SNACK

2 servings of starch/bread/cereals

DINNER

1 servings of milk
3 servings of vegetables
2 servings of fruit
3 servings of starch/bread/cereals
4 ounces of protein (meat)
1 serving of fat

EVENING SNACK

1 serving of milk
2 servings of starch/bread/cereals
1 ounce serving of protein

SERVING SIZES:

MILK GROUP = 1 cup

FRUIT GROUP = $\frac{3}{4}$ cup of juice or 1 piece

STARCH/BREAD/CEREAL GROUP:

Cereals, Popcorn = $\frac{3}{4}$ cup
Pasta, Rice, Grain, or Potato = $\frac{1}{2}$ cup
Bread, Roll, Muffin = 1 each
Crackers = 6 crackers

VEGETABLE GROUP = $\frac{3}{4}$ cup

NON MEAT PROTEIN GROUP:

Peanuts = 20 small
Peanut Butter = 1 Tbsp
Beans = $\frac{1}{2}$ cup
Egg = 1 egg

FAT GROUP:

Margarine, Butter Salad Dressing = 1 tsp
Cream Cheese & Sour Cream = 1 tsp
Fat Free Condiments = 2 tsp

***MEAL PLAN PROVIDES APPROXIMATELY 2800 CALORIES**