

Meal Planning Template for Balanced Plate Framework

Now you can plan out a few meals!

1/4 plate protein (~3-5 oz or ~1 palm-sized serving)

1/4 plate carbohydrates (~1/2 to 1 cup cooked carbohydrates)

1/2 plate produce (~1-2 cups vegetables and/or fruits)

Meal	Option 1	Option 2	Option 3
Breakfast			
Lunch			
Dinner			