



Balanced Menu Planning

Fill in your favorite foods under each category below. To make balanced meals, choose one food from each column.

See <http://www.personal-nutrition-guide.com/meal-planning.html> for examples

1.	2.	3.	4.	5.
Lean Protein	Low Starch Veggie	Healthy Fat	Starch: Whole grain, whole grain product or starchy veggie (optional)	Seasoning or Sauce (optional)