

# Phase 1

# Phase 2

# Phase 3

## BREAKFAST



Grains  
Fruit  
Proteins (optional)\*

## BREAKFAST



Proteins  
Veggies

## BREAKFAST



Healthy Fats  
Proteins\*\*  
Veggies  
Grains  
Fruit

## SNACK



Fruit

## SNACK



Proteins  
Veggies (optional)

## SNACK



Healthy Fats\*\*\*  
Veggies

## LUNCH



Proteins  
Veggies  
Grains  
Fruit

## LUNCH



Proteins  
Veggies

## LUNCH



Healthy Fats  
Proteins  
Veggies  
Fruit

## SNACK



Fruit

## SNACK



Proteins  
Veggies (optional)

## SNACK



Healthy Fats\*\*\*  
Veggies

## DINNER



Proteins  
Veggies  
Grains

## DINNER



Proteins  
Veggies

## DINNER



Healthy Fats  
Proteins  
Veggies  
Grains (optional)

