



HOUSTON FAMILY NUTRITION

[www.houstonfamilynutrition.com](http://www.houstonfamilynutrition.com)

# 2500 Calorie Meal Plan

TARGET:



Physical  
Activity  
150 mins

Meal Plan:

A:

## Breakfast

Grains 2 oz  
Fruits 1 cup  
Dairy 1/2 cup

## Morning Snack

Grains 2 oz  
Fruits 1/2 cup

## Lunch

Grains 2 oz  
Fruits 1/2 cup  
Vegetables 1 cup  
Dairy 1 cup  
Protein 2 1/2 oz

## Afternoon Snack

Vegetables 1 cup  
Dairy 1/2 cup

## Dinner

Grains 2 oz  
Vegetables 1 cup  
Dairy 1 cup  
Protein 4 oz

B:

## Breakfast

Grains 1 oz  
Protein 2 oz  
Dairy 1 cup

## Morning Snack

Dairy 1/2 cup  
Fruits 1 cup

## Lunch

Grains 2 oz  
Vegetables 1 cup  
Dairy 1/2 cup  
Protein 2 oz

## Afternoon Snack

Vegetables 1 cup  
Grains 2 oz

## Dinner

Grains 2 oz  
Vegetables 1 cup  
Dairy 1 cup  
Protein 2 oz  
Fruits 1 cup



C:

## Breakfast

Fruits 1 cup  
Dairy 1 cup

## Morning Snack

Grains 2 oz  
Dairy 1/2 cup  
Protein 2 oz

## Lunch

Grains 2 oz  
Vegetables 1 cup  
Dairy 1 cup

## Afternoon Snack

Grains 2 oz  
Vegetables 1 cup  
Dairy 1/2 cup  
Protein 2 oz

## Dinner

Grains 2 oz  
Vegetables 1 cup  
Fruits 1 cup  
Protein 2 1/2 oz

