



HOUSTON FAMILY NUTRITION

www.houstonfamilynutrition.com

1800 Calorie Meal Plan

TARGET:

Grains
6 oz

Vegetables
2 1/2 cups

Fruits
1 1/2 cup

Dairy
3 cups

Protein
Foods
5 oz

+



Physical
Activity
150 mins

Meal Plan:

A:

Breakfast

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

Morning
Snack

Grains 1 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 1/2 cup
Dairy 1/2 cup

Dinner

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

B:

Breakfast

Grains 1 oz
Protein 1 oz
Dairy 1 cup

Morning
Snack

Dairy 1/2 cup
Fruits 1/2 cup

Lunch

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

Afternoon
Snack

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

Lunch

Grains 2 oz
Vegetables 1 cup
Dairy 1 cup

Afternoon
Snack

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

Dinner

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

