



HOUSTON FAMILY NUTRITION

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

## 2000 Calorie Meal Plan

TARGET:

Grains  
6 oz

Vegetables  
2 1/2 cups

Fruits  
2 cups

Dairy  
3 cups

Protein  
Foods  
5 1/2 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 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 3 oz

B:

Breakfast

Grains 1 oz  
Protein 1 1/2 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 1/2 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 1/2 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 cup  
Protein 2 oz

