

Beth's Meal Plan

How much fruit do you need every day? 2 cups

How many vegetables do you need every day? 2 ½ cups

How many times (meals and snacks) do you eat every day? 5

Meal	What do you eat now?	How will you add fruits and vegetables?
Breakfast	cereal Count Chocula or Frosted Flakes	cereal Corn Flakes with banana
Snack	string cheese	apple slices with cheddar cheese
Lunch	macaroni and cheese and yogurt	Pasta with spinach and tomato and squash pure
Snack	string cheese	yogurt with berries
Dinner	cheese quesadilla and cereal	Quesadilla with cheese, bell peppers, avocado and onion with green salsa and fruit salad for dessert

