

MENU PLAN

AM PM

BREAKFAST

Protein & Dairy _____ Serving size _____

Grain & Starch _____ Serving size _____

AM PM

FRUIT

Fruit _____ Serving size _____

AM PM

LUNCH

Protein & Dairy _____ Serving size _____

Grain & Starch _____ Serving size _____

AM PM

FRUIT

Fruit _____ Serving size _____

AM PM

DINNER

Protein & Dairy _____ Serving size _____

Grain & Starch _____ Serving size _____

Veggies _____ Serving size _____

AM PM

FRUIT

Fruit _____ Serving size _____

BUILD YOUR OWN DAY

Download a blank Menu Plan at **thehardkordiet.com/menuplanworksheet**