



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 burnandbulddiet.com/menuplanworksheet