

Daily Meal Guide

Food	Minimum Daily servings	Food Sources	Serving size	Nutrients
Vegetables <i>*(dietary fiber)</i>	4+	Calcium & Vitamin K: kale, broccoli Beta-carotene: carrots, sweet potatoes, winter squash, red pepper, tomatoes Vitamin C: bell peppers, broccoli, brussel sprouts, cauliflower	1 cup raw 1/2 cup cooked	Vitamin C Folate Potassium Calcium & Vitamin K Protein
Fruits <i>*(dietary fiber)</i>	3+	Beta-carotene: mango, cantaloupe, papaya, apricots, pink grapefruit, cherries Vitamin C: citrus fruits, melons, raspberries, strawberries, blueberries	1/2 cup raw or cooked 1 medium fruit Avoid fruit juice	Potassium Vitamin C Folate
Whole Grains <i>*(dietary fiber)</i>	5+	Whole grain bread, cereal, pasta, bagel, pita, tortilla, crackers, brown rice, quinoa, faro, millet, barley, oatmeal, ground flax, and bran	1/2 cup cereal, rice or pasta 1 slice bread or tortilla	B Vitamins & Iron (if enriched or fortified) Protein
Tofu, Tempeh, Meat & Eggs Legumes, Nuts <i>*(dietary fiber)</i>	3	Beans, lentils, chickpeas, tofu, seitan, tempeh, hummus, bean spreads, edamame, veggie burgers Lean meat, chicken, turkey, pork, fish, eggs Seeds/Nuts: walnuts & pecans, tahini, ground flaxseed, pumpkin seeds, nut-butters Avoid processed meats & hotdogs	1/2 cup cooked beans or lentils 4 ounces tofu 3 oz. poultry, fish or meat 2 eggs 1 Tbsp. nuts or nut butter Some fish may contain mercury	B12 Iron & Zinc Omega 3 Alpha-linolenic acid Protein
Soy Milk, Nut Milk, Coconut Milk, Cow's Milk, Yogurt, Kefir, Cheese	3	Soymilk, almond milk, coconut milk, hemp, flax etc., milk, & plain yogurt Choose lowfat or nonfat options. Avoid sweetened milk and yogurt.	1 cup 3/4 oz. of cheese .	Calcium Vitamin D B12 Omega 3 Protein
Water	6-8	Drink water freely between meals and snacks.	1 cup	© 2016, Ghiron. All rights reserved.

Vegans should use a reliable source of B12 such as fortified soymilk, cereal, Nutritional Yeast, or a Vitamin B12 supplement.

Weekly Meal Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							