DAILY MEAL PLAN

CATEGORY	TOTAL DAILY SERVINGS	SERVING SIZE
Meal Protein	3	Palm size
Snack Protein	2	½ Palm Size
Non-Starchy Vegetables/Greens	6+	½ to 1 cup
Starchy Vegetables	1	½ to 1 cup
Fruit (optional)	0-2	Varies
Whole Grains (optional)	0-1	⅓ to ½ cup
Legumes (optional)	0-2	½ cup
Dairy (optional)	0-2	½ to 1 cup
Oils/Fats	5	Varies
Water	Half of your body weight in ounces	Up to 100 ounces

MEAL PROTEIN

3 servings per day

Serving size: Palm size

SNACK PROTEIN

2 servings per day

Serving Size: ½ palm size

1 serving of nuts or seeds

NON-STARCHY VEGETABLES/GREENS

6+ servings per day

Serving size:

- Finely chopped: ½ cup
- Larger, loosely packed: 1 cup

1/2 cup

1 cup