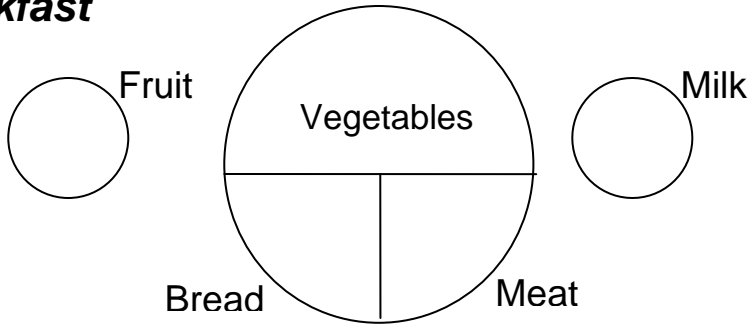


# Living Well with Diabetes

## Meal Planning Worksheet

Plan three typical meals and two snacks that will meet your needs.

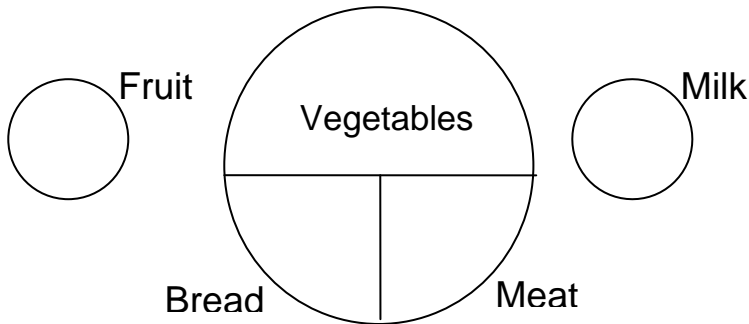
### Breakfast



<u>Daily Number Needed</u>	
Fruits (cups)	_____
Vegetables (cups)	_____
Grains(oz)	_____
Milk (cups)	_____
Meat & Beans (oz)	_____

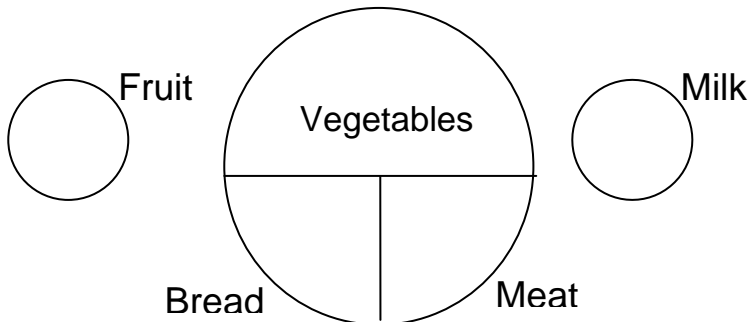
### Snack

### Lunch



### Snack

### Dinner



<u>Number Planned</u>	
Fruits (cups)	_____
Vegetables (cups)	_____
Grains(oz)	_____
Milk (cups)	_____
Meat & Beans (oz)	_____