Breakfast (2 Cup Bowl) Lunch Dinner Fruit Juices / Soy Milk (9 Inch Plate) (9 Inch Plate) (1 medium (1 Cup) or 1/2 Cup) **Drink Healthy Drink Healthy** Nuts or Seeds Whole Grains (e.g. 1 Cup Soy Milk) (e.g. 1 Cup Soy Milk) (1 Cup) (1/2 Oz) Fruit Veggies **Veggies** Fruit 3 (1 medium (1 1/2 Cup) (1 medium or 1/2 Cup) (1 1/2 Cup) or 1/2 Cup) Extra Virgin Extra Virgin Olive Oil / Flavors Olive Oil / Flavors (1 Tbsp) Whole Grains (1 Tbsp) (2 Slices) Whole Grains Fish/Legumes Fish/Legumes (1 Cup) (1/2 Cup Legumes - 2 oz Fish) (1/4 Cup Legumes - 1 oz Fish) (Minimize Low Fat Cheese, (Minimize Low Fat Cheese, White Meat and Eggs) White Meat and Eggs) Snack **Nuts or Seeds** Avoid **Drink Healthy** (1/2 Oz) Fruit (1 medium or 1/2 Cup)

