

## Menu Planning Instructions #1

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1. Use the food guide in the book to look up serving sizes on pages 186-191
2. Use the “Guidelines for a Healthy Meal” chart as a guide
3. Write down the food, portion size (amount on the plate - what your guest will actually eat), number of servings for each portion, and then fill in the following:

Meal:		
Menu item	Portion size	Number of servings

Total Servings	
Protein	
High carb food	
Low carb/low calorie vegetables	
Fat	

4. Choose one person in your group to report back and share your menu with all of us.