Things to think about when making this:

1. Did you meet the RDA (recommended daily allowances) -- (helpful [website](http://en.wikipedia.org/wiki/Dietary_Reference_Intake#Current_recommendations))
2. Did you get the right amount of calories for your health goals and BMR?
3. Are the meals things you actually like?
4. Are the meals things you actually will be able to get?
5. Is the exercise reasonable, meaning will it fit with your schedule and lifestyle?
6. Did you plan for enough fruits/vegetables?

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| Meal-Day 1 | Food Group |
| Breakfast: Cheerio  | grain |
| Lunch: School lunch | meat/ bread/ protein |
| Dinner: Rice w/Meat & veggies  | vegetable and grain/ meat |
| Snacks: apples, grapes, peaches, Banana, Strawberry, etc... | fruits  |
| Exercise: jogging |  |
| Water: 4 water bottle  |  |

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| Meal-Day 2 | Food Group |
| Breakfast: Blueberries Waffle   | Grain |
| Lunch: school lunch | meat/ bread/ protein |
| Dinner: noodles | vegetable and grain/ meat |
| Snacks: apples, grapes, peaches, Banana, Strawberry, etc... | fruit |
| Exercise: jogging/working out  |  |
| Water: a lots of water and juices (Tampico)  |  |

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| Meal-Day 3 | Food Group |
| Breakfast: fruits  | grain |
| Lunch: school lunch | meat/ bread/ protein |
| Dinner: Rice w/Meat & veggies | vegetable and grain/ meat |
| Snacks: apples, grapes, peaches, Banana, Strawberry, etc... | fruit |
| Exercise: jogging |  |
| Water: water and juice  |  |

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| Meal-Day 4 | Food Group |
| Breakfast: Fruits | grain |
| Lunch: school lunch | meat/ bread/ protein |
| Dinner: Rice w/Meat & veggies | vegetable and grain/ meat |
| Snacks: apples, grapes, peaches, Banana, Strawberry, etc... | fruit |
| Exercise: jogging |  |
| Water: water and juice  |  |

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| Meal-Day 5 | Food Group |
| Breakfast: Fruits | grain |
| Lunch: school lunch | meat/ bread/ protein |
| Dinner: Rice w/Meat & veggies | vegetable and grain/ meat |
| Snacks: fruits & junk food  | fruit |
| Exercise: jogging |  |
| Water:  juice/ water  |  |