




Getting Two Servings of Meat in the Daily Diet



Examples:

| <u>Breakfast</u> | <u>Lunch</u> | <u>Dinner</u> |
|------------------|---|--|
| 1. ----- | ----- | 6-ounces cooked sirloin steak |
| 2. ----- | 3-ounces turkey on sandwich | 3-ounces cooked pork chop (3 ounces lean meat remains after cooking and trimming fat and bone) |
| 3. 1 egg |  ½ cup navy beans in soup | 2 meat tacos, each containing 2 ounces of ground meat |

Now, try to write your menu items below:

| <u>Breakfast</u> | <u>Lunch</u> | <u>Dinner</u> |
|------------------|--------------|---------------|
| 1. _____ | _____ | _____ |
| 2. _____ | _____ | _____ |
| 3. _____ | _____ | _____ |



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