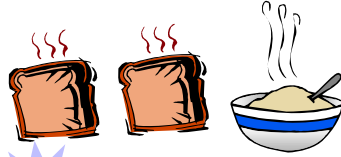


2000 Calorie Menus

Breakfast:

3 Breads-



1 Milk-----



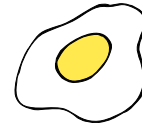
1 Fat-----



1 Fruit-



1 Meat-



Lunch:

3 Breads-



1/2 Milk-----



1 Fat-----



2 Fruits-



3 oz. Meats---



2+ Veggies-



Supper:

3 Breads-



3 oz. Meats-----



2+ Veggies-



1 Fruit-



1 Fat-----



Bedtime Snack:

1 Bread-



1 Milk-----

1 Fruit-



1 Fat-----

