

Daily Basic Meal Planner for a Healthy Diet

6-8
Glasses
of
Water



3-5
Servings
Vegetables



2-3
Servings
Dairy



2-4 Servings
Fruit



1-2
Servings
Nuts or
Seeds



2-3 Serving
Fish, Poultry,
Egg, Red Meat,
or Legumes



6-11 Servings
Whole Grains



1-3 Tbsp
Heart-healthy
Oil

