

The Right Eating Plan for You!



BlueCross BlueShield of Mississippi

It's good to be Blue.

Create your own personalized eating plan by using the Eating Plan Guide below. Simply use the guide to build a meal plan that suits your lifestyle. An example meal plan using the Eating Plan Guide is shown below.

Meal	Eating Plan Guide	Example Meal Plan
Breakfast	<p>1 egg 1 grain 1 dairy 1 fruit 1 oil/fat</p>	<p>1 scrambled egg 1 slice whole-wheat toast 8 oz. skim milk 1 small apple 1 tsp. margarine</p>
Lunch	<p>3 oz. meat 1 dairy 3 grains 1 fruit 1 vegetable 2 oils/fat</p>	<p>3 oz. sliced turkey deli meat 1 slice low-fat cheese 2 slices whole-wheat bread and 1 small bag baked chips 17 grapes Lettuce, tomato and onion toppings 2 tsp. light mayonnaise</p>
Dinner	<p>3 oz. meat 3 grains 2 vegetables 2 oils/fat</p>	<p>3 oz. lean roast beef 1 cup roasted potatoes and 1 small wheat dinner roll $\frac{1}{2}$ c. cooked carrots and 1 c. garden salad 1 tsp. margarine and 1 tsp. light salad dressing</p>
Snack	<p>1 dairy 1 grain 1 fruit</p>	<p>6 oz. low-fat vanilla yogurt $\frac{1}{4}$ c. low-fat granola $\frac{1}{2}$ c. berries</p>