

Menu Planning Worksheet

A basic Plant diet for one day includes:

- 3-4 servings of Fruit (2 servings of fruit for diabetics)
- 4-5 servings of vegetables--(Including a good source of calcium)
- 3-4 servings of legumes--(soy products, bean and nuts)
- 5-8 servings of grains (which may include a serving of potato)

Dark green leafy vegetables-rich in iron and calcium
 kale, collards, mustard green, bokchoy & turnip and beet tops
 spinach & swiss chard- only iron
Cruciferous vegetables=anti cancer
 broccoli, cauliflower, cabbage, brussel sprouts.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--------|---------|-----------|----------|--------|
| B R E A K F A S T | | | | | |
| L U N C H | | | | | |
| S U P P E R | | | | | |