

Each meal plan includes a 15g Carb snack in morning and afternoon. Campers must eat carbs, fruits, and veggies BUT may exchange a food item if they do not like it for something they do like.

Meal Plan A (Approx 1600 Calories)

Breakfast: 36g Carb

1 fruit, 1 starch, 1oz meat, 1 fat, ½ milk

Lunch: 36g Carb

1 fruit, 1 starch, 2oz meat, 1 veg, 1 fat, ½ milk

Supper: 36g Carb

1 fruit, 1 starch, 1oz meat, 1 veg, 1 fat, ½ milk



Meal Plan B (Approx 1800 Calories)

Breakfast: 57g Carb

1 fruit, 2 starch, 1oz meat, 1 fat, 1 milk

Lunch: 57g Carb

1 fruit, 2 starch, 2oz meat, 1 veg, 1 fat, 1 milk

Supper: 57g Carb

1 fruit, 2 starch, 2oz meat, 1 veg, 1 fat, 1 milk



Meal Plan C (Approx 2300 Calories)

Breakfast: 72g Carb

2 fruit, 2 starch, 2oz meat, 1 fat, 1 milk

Lunch: 72g Carb

2 fruit, 2 starch, 2oz meat, 1 veg, 1 fat, 1 milk

Supper: 72g Carb

2 fruit, 2 starch, 2oz meat, 1 veg, 1 fat, 1 milk



Meal Plan D (Approx 2500 Calories)

Breakfast: 80g Carb

2 fruit, 2 ½ starch, 2oz meat, 1 fat, 1 milk

Lunch: 80g Carb

2 fruit, 2 ½ starch, 3oz meat, 1 veg, 1 fat, 1 milk

Supper: 80g Carb

2 fruit, 2 ½ starch, 3oz meat, 1 veg, 1 fat, 1 milk



Meal Plan E (Approx 2800 Calories)

Breakfast: 87g Carb

2 fruit, 3 starch, 2oz meat, 3 fat, 1 milk

Lunch: 87g Carb

2 fruit, 3 starch, 3oz meat, 1 veg, 1 fat, 1 milk

Supper: 87g Carb

2 fruit, 3 starch, 3oz meat, 1 veg, 1 fat, 1 milk



Meal Plan F (Approx 3300 Calories)

Breakfast: 102g Carb

2 fruit, 4 starch, 3oz meat, 3 fat, 1 milk

Lunch: 102g Carb

2 fruit, 4 starch, 3oz meat, 1 veg, 1 fat, 1 milk

Supper: 102g Carb

2 fruit, 4 starch, 4oz meat, 1 veg, 1 fat, 1 milk



Meal Plan G (Approx 3600 Calories)

Breakfast: 114g Carb

2 fruit, 4 starch, 3oz meat, 3 fat, 2 milk

Lunch: 114g Carb

2 fruit, 4 starch, 4oz meat, 1 veg, 2 fat, 2 milk

Supper: 114g Carb

2 fruit, 4 starch, 4oz meat, 1 veg, 2 fat, 2 milk



Meal Plan H (Approx 3900 Calories)

Breakfast: 114g Carb

2 fruit, 4 starch, 4oz meat, 3 fat, 2 milk

Lunch: 114g Carb

2 fruit, 4 starch, 5oz meat, 1 veg, 2 fat, 2 milk

Supper: 114g Carb

2 fruit, 4 starch, 5oz meat, 1 veg, 2 fat, 2 milk

