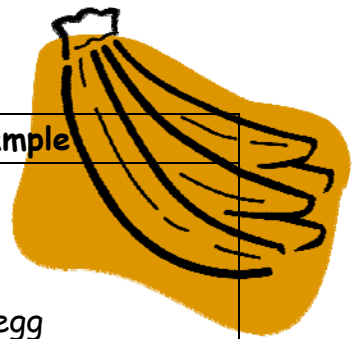
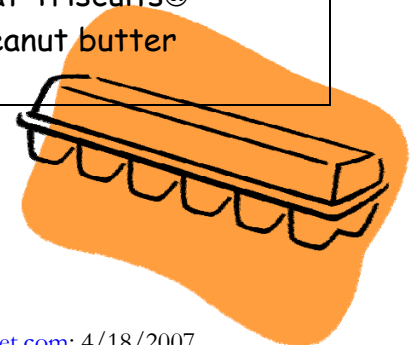


**Cornerstone Medical Group**  
**I'M STRONG - Weight Loss for Adolescents and Teens**

**Meal Plan: Ages 7 - 12**



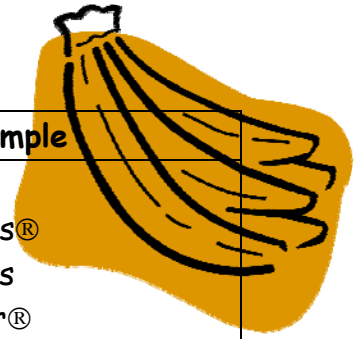
<b>Meal Time</b>	<b>Food Type &amp; Portion</b>	<b>Example</b>
<u>Breakfast</u>	1 C milk/yogurt 1 grain/starch 1 fruit 1 protein	1 C skim milk $\frac{3}{4}$ C Cherios® $\frac{1}{2}$ banana 1 soft-boiled egg
<u>Mid-morning snack</u>	1 oz protein 1 fruit water	1 low-fat cheese stick 15 grapes water
<u>Lunch</u>	2 oz protein 1 grain/starch 1 fruit non-starchy veggie water	2 oz deli turkey 1 slice ↑ fiber bread 1 $\frac{1}{4}$ C strawberries $\frac{1}{2}$ - 1 C baby carrots (light mayo) bottled water
<u>Mid-afternoon snack</u>	1 C milk/yogurt 1 grain/starch water	1 light yogurt $\frac{1}{2}$ C low-fat granola water
<u>Dinner</u>	3 oz protein 1 grain/starch non-starchy veggie  1 C milk/yogurt	3 oz grilled chicken breast $\frac{1}{2}$ C sweet potato $\frac{1}{2}$ C cooked green beans small side salad with light dressing 1 C skim milk
<u>Evening snack</u>	1 grain/starch added fat (optional)	5 low-fat Triscuits® 2 tsp peanut butter



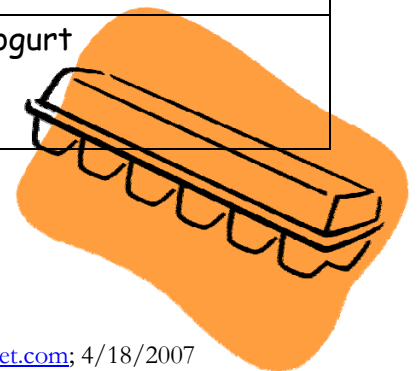
Take a multivitamin daily to ensure that vitamin and mineral requirements are met.

**Cornerstone Medical Group**  
**I'M STRONG - Weight Loss for Adolescents and Teens**

**Meal Plan: Ages 13 - 15**



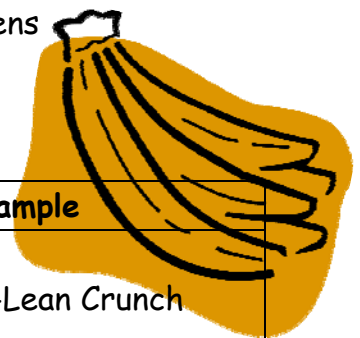
<b>Meal Time</b>	<b>Food Type &amp; Portion</b>	<b>Example</b>
<u>Breakfast</u>	1 C milk/yogurt 2 grain/starch 1 fruit 1 protein	1 C skim milk 1 C mini-wheats® $\frac{3}{4}$ C blueberries 1 Morning Star® breakfast patty
<u>Mid-morning snack</u>	1 oz protein 1 fruit water	1 low-fat Frigo® cheese stick 15 grapes water
<u>Lunch</u>	2 oz protein  2 grain/starch 1 fruit non-starchy veggie  water	2 oz tuna fish (light mayo) 10 low fat Triscuits® 15 grapes $\frac{1}{2}$ - 1 C cucumbers and/or celery bottled water
<u>Mid-afternoon snack</u>	1 C milk/yogurt 1 grain/starch water	1 C skim milk 15 Kashi® cheese crackers water
<u>Dinner</u>	3 oz protein  2 grain/starch non-starchy veggie	3 oz ground turkey pasta sauce 1 C whole wheat pasta $\frac{1}{2}$ - C cooked broccoli side salad with light dressing
<u>Evening snack</u>	1 C milk/yogurt	1 light yogurt



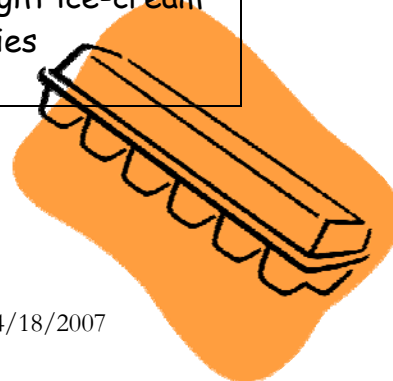
Take a multivitamin daily to ensure that vitamin and mineral requirements are met.

**Cornerstone Medical Group**  
**I'M STRONG - Weight Loss for Adolescents and Teens**

**Meal Plan: Ages 16 - 17**



<b>Meal Time</b>	<b>Food Type &amp; Portion</b>	<b>Example</b>
<u>Breakfast</u>	1 C milk/yogurt 2 grain/starch  1 fruit 1 protein	1 light yogurt 1 C Kashi® Go-Lean Crunch cereal $\frac{3}{4}$ C raspberries 1 Morning Star® breakfast patty
<u>Mid-morning snack</u>	1 oz protein  1 grain/starch water	1 slice Kraft® 2% milk fat cheese slice 1 slice ↑ fiber bread water
<u>Lunch</u>	2 oz protein  2 grain/starch 2 fruit non-starchy veggie water	2 oz chicken salad fish (light mayo) 20 TLC Kashi® crackers 1 banana $\frac{1}{2}$ - 1 C cherry tomatoes bottled water
<u>Mid-afternoon snack</u>	2 grain/starch water	1 granola bar water
<u>Dinner</u>	4 oz protein 2 grain/starch  non-starchy veggie 1 C milk/yogurt	4 oz chicken breast $\frac{1}{2}$ C mashed potatoes $\frac{1}{2}$ C corn (fat free gravy) side salad with light dressing 1 C skim milk
<u>Evening snack</u>	1 C milk/yogurt 1 fruit	$\frac{1}{2}$ C Breyer's® light ice-cream 1 $\frac{1}{4}$ C strawberries



Take a multivitamin daily to ensure that vitamin and mineral requirements are met.