

Simplifying Meal Planning with the Rule of 3's

What is the Rule of 3's?

1	2	3
Eat 3 meals a day	Up to 3 snacks a day	Allow no more than 3-5 hours between a meals & snacks

Rule of 3's Meal Plan

Breakfast

Calcium
Complex Carbohydrates
Fruit or Vegetable
Protein (optional)
Fat (optional)

S
n
a
c
k

Lunch

Calcium
Complex Carbohydrates
Fruit or Vegetable
Protein
Fat
"Fun Food" (optional)

S
n
a
c
k

Dinner

Calcium
Complex Carbohydrates
Fruit or Vegetable
Protein
Fat
"Fun Food" (optional)

S
n
a
c
k

*Snacks should include at least 2 food groups or a fun food.

*Serving sizes are generally 1 cup. Consult with your Registered Dietitian Nutritionist about your favorite foods to ensure the proper serving size.

Suggestions

Calcium	Milk, yogurt, cheese, frozen yogurt, tofu, Ca fortified orange juice, collard greens, canned salmon, almonds, pudding
Complex Carbohydrate	Cereal, oatmeal, bagels, bread, crackers, rice, potatoes, pasta, corn, popcorn, quinoa, millet, amaranth
Fat	Butter, margarine, peanut butter, cheese, cream cheese, salad dressing, mayonnaise, sauces, muffins, bacon, nuts, olives, avocado, egg yolk, fried/sautéed foods, chips, ice cream, some meats
Fruit or Vegetable	Any fresh, cooked, dried, canned, or juiced fruits or vegetables
"Fun Food"	Any dessert, cookies, cake, ice cream, pudding, doughnuts, croissants, candy bars, chips, fries, non-diet soda, milk shakes, latte
Protein	Meat, fish, poultry, eggs, cottage cheese, Greek yogurt (1 cup), cheese, beans, hummus, tofu, tempeh, peanut butter, other nut butters (one serving is about 20 g protein – the size of a deck of cards or checkbook)
Snack	2 servings of one food group or 1 serving of two different food groups

*Note: These suggestions are not all inclusive.

My Rule of 3's Meal Plan

Meal/Snack	Food Group	Example
Breakfast	Calcium	
	Complex Carb	
	Fruit or Vegetable	
	*Protein	
	*Fat	
Morning Snack	Food Group 1	
	Food Group 2	
	or fun food	
Lunch	Calcium	
	Complex Carb	
	Fruit or Vegetable	
	Protein	
	Fat	
	*"Fun Food"	
Afternoon Snack	Food Group 1	
	Food Group 2	
	or Fun food	
Dinner	Calcium	
	Complex Carb	
	Fruit or Vegetable	
	Protein	
	Fat	
	*"Fun Food"	
Bedtime Snack	Food Group 1	
	Food Group 2	
	or fun food	

* Item is optional