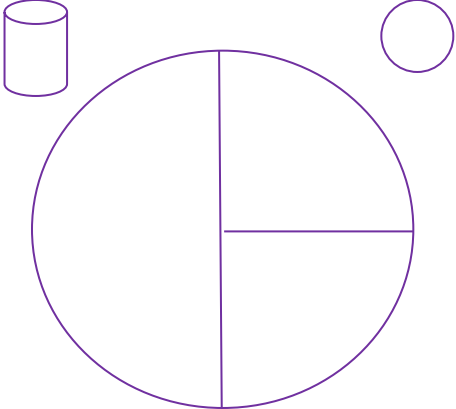


Meal Plan For: \_\_\_\_\_ Date: \_\_\_\_\_



PER DAY	TIME	MEAL PLAN	MENU IDEAS
<p><b>Total Calories: 1500</b></p> <p><u>13</u> Carbohydrate servings  <u>Free</u> Non-starchy vegetables  <u>7-8</u> Ounces of protein/meat  <u>6</u> Fat servings</p> <p><b>Grams:</b>  <u>188g</u> Carbohydrate  <u>29g</u> Fat</p>	<p><b>Breakfast</b></p>	<p><u>3</u> Carbohydrate Servings            Starch            Milk            Fruit  <u>1-2</u> Ounces protein/meat  <u>2</u> Fat servings</p>	
<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>▪ 3-5 Carb servings per meal</li> <li>▪ 1-2 Carb servings per snack</li> <li>▪ Eat every 3-4 hrs, don't let yourself get hungry</li> </ul>	<p><b>Lunch</b></p>	<p><u>4</u> Carbohydrate Servings            Starch            Milk            Fruit  <u>3</u> Ounces protein/meat  <u>2</u> Fat servings</p>	
<p><b>Plate Method:</b> ½ plate nonstarchy vegetables, ¼ plate small portion of meat, ¼ plate starch, 1 fruit, 1 milk</p> 	<p><b>Dinner</b></p>	<p><u>4</u> Carbohydrate Servings            Starch            Milk            Fruit  <u>3</u> Ounces protein/meat  <u>2</u> Fat servings</p>	
	<p><b>Snacks</b>            Morning <b>1</b>            Afternoon            Evening <b>1</b></p>	<p><u>2</u> Carbohydrate Servings</p>	