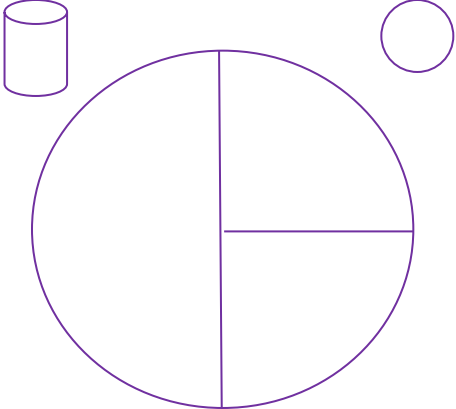


Meal Plan For: _____ Date: _____



| PER DAY | TIME | MEAL PLAN | MENU IDEAS |
|---|---|---|------------|
| <p>Total Calories: 1800</p> <p><u>14</u> Carbohydrate servings <u>Free</u> Non-starchy vegetables <u>9-10</u> Ounces of protein/meat <u>6</u> Fat servings</p> <p>Grams: <u>225g</u> Carbohydrate <u>30g</u> Fat</p> | <p>Breakfast</p> | <p><u>4</u> Carbohydrate Servings Starch Milk Fruit <u>1-2</u> Ounces protein/meat <u>2</u> Fat servings</p> | |
| <p>Comments:</p> <ul style="list-style-type: none"> ▪ 3-5 Carb servings per meal ▪ 1-2 Carb servings per snack ▪ Eat every 3-4 hrs, don't let yourself get hungry | <p>Lunch</p> | <p><u>4</u> Carbohydrate Servings Starch Milk Fruit <u>4</u> Ounces protein/meat <u>2</u> Fat servings</p> | |
| <p>Plate Method: ½ plate nonstarchy vegetables, ¼ plate small portion of meat, ¼ plate starch, 1 fruit, 1 milk</p>  | <p>Dinner</p> | <p><u>4</u> Carbohydrate Servings Starch Milk Fruit <u>4</u> Ounces protein/meat <u>2</u> Fat servings</p> | |
| | <p>Snacks Morning 1 Afternoon Evening 1</p> | <p><u>2</u> Carbohydrate Servings</p> | |