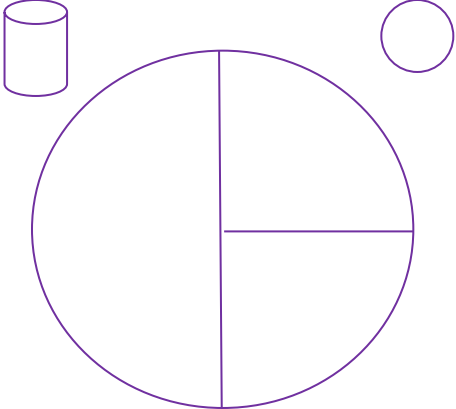


Meal Plan For: _____ Date: _____



PER DAY	TIME	MEAL PLAN	MENU IDEAS
<p>Total Calories: 2800</p> <p><u>24</u> Carbohydrate servings <u>Free</u> Non-starchy vegetables <u>18</u> Ounces of protein/meat <u>7-8</u> Fat servings</p> <p>Grams: <u>260g</u> Carbohydrate <u>37g</u> Fat</p>	<p>Breakfast</p>	<p><u>6</u> Carbohydrate Servings Starch Milk Fruit <u>4</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>6</u> Carbohydrate Servings Starch Milk Fruit <u>5</u> Ounces protein/meat <u>3</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>6</u> Carbohydrate Servings Starch Milk Fruit <u>5</u> Ounces protein/meat <u>3</u> Fat servings</p>	
	<p>Snacks Morning 1 Afternoon Evening 1</p>	<p><u>3</u> Carbohydrate Servings</p> <p>+ 2 ounces of protein or meat for each snack</p>	