

Weight \_\_\_\_\_ **1000 Calories** \_\_\_\_\_ Date

**Breakfast**

**Lunch**

**Dinner**

**Snacks**

**Daily Exchanges**

|              |  |  |  |  |  |  |  |  |  |
|--------------|--|--|--|--|--|--|--|--|--|
| 3 Protein    |  |  |  |  |  |  |  |  |  |
| 3 Grains     |  |  |  |  |  |  |  |  |  |
| 3 Vegetables |  |  |  |  |  |  |  |  |  |
| 2 Fruits     |  |  |  |  |  |  |  |  |  |
| 2 Milk       |  |  |  |  |  |  |  |  |  |
| 2 Fats       |  |  |  |  |  |  |  |  |  |
| 2 Free       |  |  |  |  |  |  |  |  |  |
| 1 Other Carb |  |  |  |  |  |  |  |  |  |
| 8 Water      |  |  |  |  |  |  |  |  |  |
| Medications  |  |  |  |  |  |  |  |  |  |

**Exercise**

Weight \_\_\_\_\_ **1000 Calories** \_\_\_\_\_ Date

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|              |  |  |  |  |  |  |  |  |  |
|--------------|--|--|--|--|--|--|--|--|--|
| 3 Protein    |  |  |  |  |  |  |  |  |  |
| 3 Grains     |  |  |  |  |  |  |  |  |  |
| 3 Vegetables |  |  |  |  |  |  |  |  |  |
| 2 Fruits     |  |  |  |  |  |  |  |  |  |
| 2 Milk       |  |  |  |  |  |  |  |  |  |
| 2 Fats       |  |  |  |  |  |  |  |  |  |
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| 1 Other Carb |  |  |  |  |  |  |  |  |  |
| 8 Water      |  |  |  |  |  |  |  |  |  |
| Medications  |  |  |  |  |  |  |  |  |  |

**Exercise**