

Weight _____ **1000 Calories** _____ Date

Breakfast

Lunch

Dinner

Snacks

Daily Exchanges

5 Protein									
1 Grains									
4 Vegetables									
2 Fruits									
2 Milk									
2 Fats									
2 Free									
1 Other Carb									
8 Water									
Medications									

Exercise

Weight _____ **1000 Calories** _____ Date

Breakfast

Lunch

Dinner

Snacks

Daily Exchanges

5 Protein									
1 Grains									
4 Vegetables									
2 Fruits									
2 Milk									
2 Fats									
2 Free									
1 Other Carb									
8 Water									
Medications									

Exercise