Weight	_ 1200	Cal	orie	25	 Date
Breakfast					
Lunch					
Dinner					
Snacks					
Deily Evelor					
Daily Exchang	jes 				
4 Grains	- - -				
4 Vegetables	- 				
3 Fruits	-+				
2 Milk					
—					
2 Fats					
2 Free 1 Other Carb					
8 Water					
Medications					
Exercise					

Weight	1200 Calories							Date
Breakfast	_							
Lunch								
Dinner								
Diffici								
Snacks								
Daily Excha	nges							
3 Protein								
4 Grains								
4 Vegetables								
3 Fruits								
2 Milk								
2 Fats								
2 Free								
1 Other Carb				T				
8 Water								
Medications								
Exercise								

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