

Weight \_\_\_\_\_ **1200 Calories** \_\_\_\_\_ Date

**Breakfast**

**Lunch**

**Dinner**

**Snacks**

**Daily Exchanges**

3 Protein									
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**

**Snacks**

**Daily Exchanges**

3 Protein									
4 Grains									
4 Vegetables									
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2 Milk									
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2 Free									
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8 Water									
Medications									

**Exercise**