

Weight \_\_\_\_\_ **1400 Calories** \_\_\_\_\_ Date

**Breakfast**

**Lunch**

**Dinner**

**Snacks**

**Daily Exchanges**

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

**Exercise**

Weight \_\_\_\_\_ **1400 Calories** \_\_\_\_\_ Date

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**Exercise**