Weight	'	140	0	Cal	orie	es .	 Date
Breakfast							
Lunch							
Dinner							
Snacks							
Daily Excha	nges						
4 Protein							
5 Grains							
4 Vegetables							
3 Fruits							
2 Milk							
3 Fats							
3 Free							
1 Other Carb							
8 Water							
Medications							
Exercise				•			

Weight		140	00	Cal	ori	es .	 Date
Breakfast							
Lunch							
Dinner							
Snacks							
Daily Excha	naes						
4 Protein							
5 Grains							
4 Vegetables							
3 Fruits							
2 Milk							
3 Fats							
3 Free							
1 Other Carb							
8 Water							
Medications							
Exercise							

High Carbohydrate Diet www.FrugalAbundance.com

High Carbohydrate Diet