

Weight _____ **1400 Calories** _____ Date

Breakfast

Lunch

Dinner

Snacks

Daily Exchanges

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

Exercise

Weight _____ **1400 Calories** _____ Date

Breakfast

Lunch

Dinner

Snacks

Daily Exchanges

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

Exercise