

Weight _____ **1600 Calories** _____ Date

Breakfast

Lunch

Dinner

Snacks

Daily Exchanges

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

Exercise

Weight _____ **1600 Calories** _____ Date

Breakfast

Lunch

Dinner

Snacks

Daily Exchanges

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

Exercise