

Weight \_\_\_\_\_ **1600 Calories** \_\_\_\_\_ Date

**Breakfast**

**Lunch**

**Dinner**

**Snacks**

**Daily Exchanges**

4 Protein									
6 Grains									
4 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**

4 Protein									
6 Grains									
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**Exercise**