

Weight _____ **2000 Calories** _____ Date

Breakfast

Lunch

Dinner

Snacks

Daily Exchanges

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

Exercise

Weight _____ **2000 Calories** _____ Date

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12 Protein																				
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Exercise