

Weight _____ **2100 Calories** _____ Date

Breakfast

Lunch

Dinner

Snacks

Daily Exchanges

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

Exercise

Weight _____ **2100 Calories** _____ Date

Breakfast

Lunch

Dinner

Snacks

Daily Exchanges

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

Exercise