

NUTRITION PROJECT 2

1000 CALORIE MEAL PLAN

NUTRITION PROJECT

1200 CALORIE MEAL PLAN

NUTRITION PROJECT

1500 CALORIE MEAL PLAN

NUTRITION PROJECT

2000 CALORIE MEAL PLAN

BREAKFAST

EXCHANGES:

_____ **STARCH**

_____ **VEGETABLES**

_____ **FRUIT**

_____ **MILK**

_____ **MEAT**

_____ **FAT**

MEAL:

LUNCH

EXCHANGES:

_____ STARCH

_____ VEGETABLES

_____ FRUIT

_____ MILK

_____ MEAT

_____ FAT

MEAL:

AFTERNOON SNACK

EXCHANGES:

_____ STARCHES

_____ VEGETABLES

_____ FRUIT

_____ MILK

_____ MEAT

_____ FAT

MEAL:

DINNER

EXCHANGES:

_____ STARCH

_____ VEGETABLES

_____ FRUIT

_____ MILK

_____ MEAT

_____ FAT

MEAL:

BEDTIME SNACK

EXCHANGES:

_____ **STARCH**

_____ **VEGETABLES**

_____ **FRUIT**

_____ **MILK**

_____ **MEAT**

_____ **FAT**

MEAL: