

My Meal Plan

First meal:		
	carbohydrate choices or	grams of carbohydrate
carbohydrate(s):		
vegetable(s):		
protein (meat, poult	ry, fish, eggs, cheese or peanut butter):	
at(s):		
Snack:		
	carbohydrate choices or	grams of carbohydrate
Second meal:		
	carbohydrate choices or	grams of carbohydrate
carbohydrate(s):		
vegetable(s):		
protein (meat, poult	ry, fish, eggs, cheese or peanut butter):	
fat(s):		
Snack:		
	carbohydrate choices or	grams of carbohydrate
Third meal:		
	carbohydrate choices or	grams of carbohydrate
arbohydrate(s):		,
protein (meat, poult	ry, fish, eggs, cheese or peanut butter):	
Snack:		
	carbohydrate choices or	grams of carbohydrate