

1200 Calorie Meal Plan

NAME _____

Carbohydrate	1 Serving = 15 grams
Protein	1 Serving = 1 ounce (7 grams)
Fat	1 Serving = 5 grams (1 serving allowed per day of saturated fats)
Non-Starchy Vegetables	1 Serving = 1 cup raw or 1/2 cup cooked (5 grams)



	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	2		30g
Starch, fruit, milk, sweets			
Protein	2 oz		14g
Meat, meat substitute, egg, cheese			
Fat	2		10g
Oils, butter, nuts, bacon, avocado			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	2		30g
Starch, fruit, milk, sweets			
Protein	3 oz		21g
Meat, meat substitute, egg, cheese			
Fat	3		15g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	3		45g
Starch, fruit, milk, sweets			
Protein	3 oz		21g
Meat, meat substitute, egg, cheese			
Fat	2		10g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			

1300 Calorie Meal Plan

NAME _____

Carbohydrate	1 Serving = 15 grams
Protein	1 Serving = 1 ounce (7 grams)
Fat	1 Serving = 5 grams (1 serving allowed per day of saturated fats)
Non-Starchy Vegetables	1 Serving = 1 cup raw or 1/2 cup cooked (5 grams)



	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	2		30g
Starch, fruit, milk, sweets			
Protein	2 oz		14g
Meat, meat substitute, egg, cheese			
Fat	2		10g
Oils, butter, nuts, bacon, avocado			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	2		30g
Starch, fruit, milk, sweets			
Protein	3 oz		21g
Meat, meat substitute, egg, cheese			
Fat	3		15g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	3		45g
Starch, fruit, milk, sweets			
Protein	3 oz		21g
Meat, meat substitute, egg, cheese			
Fat	3		15g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			

1400 Calorie Meal Plan

NAME _____

Carbohydrate	1 Serving = 15 grams
Protein	1 Serving = 1 ounce (7 grams)
Fat	1 Serving = 5 grams (1 serving allowed per day of saturated fats)
Non-Starchy Vegetables	1 Serving = 1 cup raw or 1/2 cup cooked (5 grams)



	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	2		30g
Starch, fruit, milk, sweets			
Protein	2 oz		14g
Meat, meat substitute, egg, cheese			
Fat	2		10g
Oils, butter, nuts, bacon, avocado			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	3		45g
Starch, fruit, milk, sweets			
Protein	4 oz		28g
Meat, meat substitute, egg, cheese			
Fat	3		15g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	3		45g
Starch, fruit, milk, sweets			
Protein	3 oz		21g
Meat, meat substitute, egg, cheese			
Fat	3		15g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			

1500 Calorie Meal Plan

NAME _____

Carbohydrate	1 Serving = 15 grams
Protein	1 Serving = 1 ounce (7 grams)
Fat	1 Serving = 5 grams (1 serving allowed per day of saturated fats)
Non-Starchy Vegetables	1 Serving = 1 cup raw or 1/2 cup cooked (5 grams)



	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	3		45g
Starch, fruit, milk, sweets			
Protein	2 oz		14g
Meat, meat substitute, egg, cheese			
Fat	3		15g
Oils, butter, nuts, bacon, avocado			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	3		45g
Starch, fruit, milk, sweets			
Protein	3 oz		21g
Meat, meat substitute, egg, cheese			
Fat	3		15g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	3		45g
Starch, fruit, milk, sweets			
Protein	3 oz		21g
Meat, meat substitute, egg, cheese			
Fat	3		15g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			

1600 Calorie Meal Plan

NAME _____

Carbohydrate	1 Serving = 15 grams
Protein	1 Serving = 1 ounce (7 grams)
Fat	1 Serving = 5 grams (1 serving allowed per day of saturated fats)
Non-Starchy Vegetables	1 Serving = 1 cup raw or 1/2 cup cooked (5 grams)



	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	3		45g
Starch, fruit, milk, sweets			
Protein	2 oz		14g
Meat, meat substitute, egg, cheese			
Fat	3		15g
Oils, butter, nuts, bacon, avocado			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	3		45g
Starch, fruit, milk, sweets			
Protein	4 oz		28g
Meat, meat substitute, egg, cheese			
Fat	3		15g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	3		45g
Starch, fruit, milk, sweets			
Protein	4 oz		28g
Meat, meat substitute, egg, cheese			
Fat	4		20g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			

1700 Calorie Meal Plan

NAME _____

Carbohydrate	1 Serving = 15 grams
Protein	1 Serving = 1 ounce (7 grams)
Fat	1 Serving = 5 grams (1 serving allowed per day of saturated fats)
Non-Starchy Vegetables	1 Serving = 1 cup raw or 1/2 cup cooked (5 grams)



	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	3		45g
Starch, fruit, milk, sweets			
Protein	3 oz		21g
Meat, meat substitute, egg, cheese			
Fat	3		15g
Oils, butter, nuts, bacon, avocado			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	3		45g
Starch, fruit, milk, sweets			
Protein	4 oz		28g
Meat, meat substitute, egg, cheese			
Fat	3		15g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	4		60g
Starch, fruit, milk, sweets			
Protein	4 oz		28g
Meat, meat substitute, egg, cheese			
Fat	4		20g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			

1800 Calorie Meal Plan

NAME _____

Carbohydrate	1 Serving = 15 grams
Protein	1 Serving = 1 ounce (7 grams)
Fat	1 Serving = 5 grams (1 serving allowed per day of saturated fats)
Non-Starchy Vegetables	1 Serving = 1 cup raw or 1/2 cup cooked (5 grams)



	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	3		45g
Starch, fruit, milk, sweets			
Protein	2 oz		15g
Meat, meat substitute, egg, cheese			
Fat	3		15g
Oils, butter, nuts, bacon, avocado			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	4		60g
Starch, fruit, milk, sweets			
Protein	5 oz		35g
Meat, meat substitute, egg, cheese			
Fat	4		20g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	4		60g
Starch, fruit, milk, sweets			
Protein	5 oz		35g
Meat, meat substitute, egg, cheese			
Fat	4		20g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			

1900 Calorie Meal Plan

NAME _____

Carbohydrate	1 Serving = 15 grams
Protein	1 Serving = 1 ounce (7 grams)
Fat	1 Serving = 5 grams (1 serving allowed per day of saturated fats)
Non-Starchy Vegetables	1 Serving = 1 cup raw or 1/2 cup cooked (5 grams)



	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	4		60g
Starch, fruit, milk, sweets			
Protein	3 oz		21g
Meat, meat substitute, egg, cheese			
Fat	3		15g
Oils, butter, nuts, bacon, avocado			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	4		60g
Starch, fruit, milk, sweets			
Protein	5 oz		35g
Meat, meat substitute, egg, cheese			
Fat	4		20g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	4		60g
Starch, fruit, milk, sweets			
Protein	4 oz		28g
Meat, meat substitute, egg, cheese			
Fat	4		20g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			

2000 Calorie Meal Plan

NAME _____

Carbohydrate	1 Serving = 15 grams
Protein	1 Serving = 1 ounce (7 grams)
Fat	1 Serving = 5 grams (1 serving allowed per day of saturated fats)
Non-Starchy Vegetables	1 Serving = 1 cup raw or 1/2 cup cooked (5 grams)



	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	4		60g
Starch, fruit, milk, sweets			
Protein	3 oz		21g
Meat, meat substitute, egg, cheese			
Fat	4		20g
Oils, butter, nuts, bacon, avocado			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	5		75g
Starch, fruit, milk, sweets			
Protein	5 oz		35g
Meat, meat substitute, egg, cheese			
Fat	4		20g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	5		75g
Starch, fruit, milk, sweets			
Protein	6 oz		42g
Meat, meat substitute, egg, cheese			
Fat	5		25g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			

2100 Calorie Meal Plan

NAME _____

Carbohydrate	1 Serving = 15 grams
Protein	1 Serving = 1 ounce (7 grams)
Fat	1 Serving = 5 grams (1 serving allowed per day of saturated fats)
Non-Starchy Vegetables	1 Serving = 1 cup raw or 1/2 cup cooked (5 grams)



	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	4		60g
Starch, fruit, milk, sweets			
Protein	3 oz		21g
Meat, meat substitute, egg, cheese			
Fat	4		20g
Oils, butter, nuts, bacon, avocado			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	6		75g
Starch, fruit, milk, sweets			
Protein	6 oz		42g
Meat, meat substitute, egg, cheese			
Fat	5		25g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			

	<u>Servings</u>	<u>or</u>	<u>Grams</u>
Carbohydrate	5		90g
Starch, fruit, milk, sweets			
Protein	6 oz		42g
Meat, meat substitute, egg, cheese			
Fat	5		25g
Oils, butter, nuts, bacon, avocado			
Non-Starchy Vegetables	3		15g
Broccoli, cabbage, carrots, spinach			