

# 1200 Calorie Meal Plan

NAME \_\_\_\_\_

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



**Breakfast**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Lunch**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Dinner**

Servings or Grams

**Carbohydrate**      **2**      **30g**

Starch, fruit, milk, sweets

**Protein**      **2 oz**      **14g**

Meat, meat substitute, egg, cheese

**Fat**      **2**      **10g**

Oils, butter, nuts, bacon, avocado

Servings or Grams

**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

Servings or Grams

**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 \_\_\_\_\_

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



**Breakfast**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Lunch**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Dinner**

Servings or Grams

**Carbohydrate**      **2**      **30g**

Starch, fruit, milk, sweets

**Protein**      **2 oz**      **14g**

Meat, meat substitute, egg, cheese

**Fat**      **2**      **10g**

Oils, butter, nuts, bacon, avocado

Servings or Grams

**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

Servings or Grams

**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 \_\_\_\_\_

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



**Breakfast**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Lunch**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Dinner**

Servings or Grams

**Carbohydrate**      **2**      **30g**

Starch, fruit, milk, sweets

**Protein**      **2 oz**      **14g**

Meat, meat substitute, egg, cheese

**Fat**      **2**      **10g**

Oils, butter, nuts, bacon, avocado

Servings or Grams

**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

Servings or Grams

**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 \_\_\_\_\_

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



**Breakfast**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Lunch**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Dinner**

Servings or Grams

**Carbohydrate**      **3**      **45g**

Starch, fruit, milk, sweets

**Protein**      **2 oz**      **14g**

Meat, meat substitute, egg, cheese

**Fat**      **3**      **15g**

Oils, butter, nuts, bacon, avocado

Servings or Grams

**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

Servings or Grams

**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 \_\_\_\_\_

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



**Breakfast**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Lunch**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Dinner**

Servings or Grams

**Carbohydrate**      **3**      **45g**

Starch, fruit, milk, sweets

**Protein**      **2 oz**      **14g**

Meat, meat substitute, egg, cheese

**Fat**      **3**      **15g**

Oils, butter, nuts, bacon, avocado

Servings or Grams

**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

Servings or Grams

**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 \_\_\_\_\_

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



**Breakfast**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Lunch**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Dinner**

Servings or Grams

**Carbohydrate**      **3**      **45g**

Starch, fruit, milk, sweets

**Protein**      **3 oz**      **21g**

Meat, meat substitute, egg, cheese

**Fat**      **3**      **15g**

Oils, butter, nuts, bacon, avocado

Servings or Grams

**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

Servings or Grams

**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 \_\_\_\_\_

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



**Breakfast**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Lunch**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Dinner**

Servings or Grams

**Carbohydrate**      **3**      **45g**

Starch, fruit, milk, sweets

**Protein**      **2 oz**      **15g**

Meat, meat substitute, egg, cheese

**Fat**      **3**      **15g**

Oils, butter, nuts, bacon, avocado

Servings or Grams

**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

Servings or Grams

**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 \_\_\_\_\_

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



**Breakfast**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Lunch**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Dinner**

Servings or Grams

**Carbohydrate**      **4**      **60g**

Starch, fruit, milk, sweets

**Protein**      **3 oz**      **21g**

Meat, meat substitute, egg, cheese

**Fat**      **3**      **15g**

Oils, butter, nuts, bacon, avocado

Servings or Grams

**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

Servings or Grams

**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 \_\_\_\_\_

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



**Breakfast**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Lunch**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Dinner**

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

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

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

# 2100 Calorie Meal Plan

NAME \_\_\_\_\_

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



**Breakfast**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Lunch**

*Snack*

1 carb + 1 fat  
OR  
1 carb + 1 protein



**Dinner**

Servings or Grams

**Carbohydrate**      **4**      **60g**

Starch, fruit, milk, sweets

**Protein**      **3 oz**      **21g**

Meat, meat substitute, egg, cheese

**Fat**      **4**      **20g**

Oils, butter, nuts, bacon, avocado

Servings or Grams

**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

Servings or Grams

**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