

## My Meal Plan

### First meal:

\_\_\_\_\_ carbohydrate choices or \_\_\_\_\_ grams of carbohydrate

carbohydrate(s): \_\_\_\_\_

vegetable(s): \_\_\_\_\_

protein (meat, poultry, fish, eggs, cheese or peanut butter): \_\_\_\_\_

fat(s): \_\_\_\_\_

### Snack:

\_\_\_\_\_ carbohydrate choices or \_\_\_\_\_ grams of carbohydrate

### Second meal:

\_\_\_\_\_ carbohydrate choices or \_\_\_\_\_ grams of carbohydrate

carbohydrate(s): \_\_\_\_\_

vegetable(s): \_\_\_\_\_

protein (meat, poultry, fish, eggs, cheese or peanut butter): \_\_\_\_\_

fat(s): \_\_\_\_\_

### Snack:

\_\_\_\_\_ carbohydrate choices or \_\_\_\_\_ grams of carbohydrate

### Third meal:

\_\_\_\_\_ carbohydrate choices or \_\_\_\_\_ grams of carbohydrate

carbohydrate(s): \_\_\_\_\_

vegetable(s): \_\_\_\_\_

protein (meat, poultry, fish, eggs, cheese or peanut butter): \_\_\_\_\_

fat(s): \_\_\_\_\_

### Snack:

\_\_\_\_\_ carbohydrate choices or \_\_\_\_\_ grams of carbohydrate