

My Meal Plan

First meal:

_____ carbohydrate choices or _____ grams of carbohydrate

carbohydrate: _____

vegetable: _____

meat/meat substitute: _____

fat: _____

Snack:

_____ carbohydrate choices or _____ grams of carbohydrate

Second meal:

_____ carbohydrate choices or _____ grams of carbohydrate

carbohydrate: _____

vegetable: _____

meat/meat substitute: _____

fat: _____

Snack:

_____ carbohydrate choices or _____ grams of carbohydrate

Third meal:

_____ carbohydrate choices or _____ grams of carbohydrate

carbohydrate: _____

vegetable: _____

meat/meat substitute: _____

fat: _____

Snack:

_____ carbohydrate choices or _____ grams of carbohydrate