

My Eating Guide



First Meal	Snack	Second Meal	Snack	Third Meal	Snack
Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
carbohydrate choices	carbohydrate choices	carbohydrate choices	carbohydrate choices	carbohydrate choices	carbohydrate choices
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
grams of CHO	grams of CHO`	grams of CHO	grams of CHO	grams of CHO	grams of CHO
_____	_____	_____	_____	_____	_____
veg	veg	veg	veg	veg	veg
_____	_____	_____	_____	_____	_____
meat	meat	meat	meat	meat	meat
_____	_____	_____	_____	_____	_____
fat	fat	fat	fat	fat	fat
_____	_____	_____	_____	_____	_____

Total Carbohydrate Choices for the Day: _____ Total Ounces of Meat for the Day: _____ Total Servings of Fat for the Day: _____