



1200 Calorie Meal Planning Sheet

BREAKFAST

Shake Powder **2 SCOOPS**
Dairy (Milk/Almond Milk) **1 EXCHANGE** _____
Fruit **1 EXCHANGE** _____
MetAssist **1 TABLET**
OmegaHealth **2 SOFTGELS**

SNACK

Fruit **1 EXCHANGE** _____

LUNCH

Shake Powder **2 SCOOPS**
Dairy (Milk/Almond Milk) **1 EXCHANGE** _____
Protein **2 EXCHANGES** _____
Vegetable **1 EXCHANGE** _____
Fat **1 EXCHANGE** _____
MetAssist **1 TABLET**

SNACK

Fat **1 EXCHANGE** _____

DINNER

Protein **3 EXCHANGES** _____
Vegetable **1 EXCHANGE** _____
Starch **1 EXCHANGE** _____
MetAssist **1 TABLET**

TOTAL DAILY EXCHANGES

Protein	Dairy (in shakes)	Fruit	Vegetables	Starch	Fat	+	Shakes
5	2	2	2	1	2		2