1400 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	**3** EXCHANGES	_____
Vegetable	**1** EXCHANGE	_____
Starch	**1** EXCHANGE	_____
Fat	**1** EXCHANGE	_____
MetAssist	**1** TABLET	

SNACK

Fat	**2** EXCHANGES	_____

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
6	2	2	2	2	2		2