



1600 Calorie Meal Planning Sheet

BREAKFAST

Shake Powder	2 SCOOPS	
Dairy (Milk/Almond Milk)	1 EXCHANGE	_____
Fruit	1 EXCHANGE	_____
Protein	1 EXCHANGE	_____
Starch	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	_____
Fat	1 EXCHANGE	_____
MetAssist	1 TABLET	

SNACK

Fruit	1 EXCHANGE	_____
Dairy	1 EXCHANGE	_____

DINNER

Protein	5 EXCHANGES	_____
Vegetable	2 EXCHANGES	_____
Fat	1 EXCHANGE	_____
Starch	2 EXCHANGES	_____
MetAssist	1 TABLET	

TOTAL DAILY EXCHANGES

Protein	Dairy (2 from shakes)	Fruit	Vegetables	Starch	Fat	+	Shakes
8	3	3	3	3	2		2