



# 1800 Calorie Meal Planning Sheet

## BREAKFAST

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

## SNACK

Fruit	1 EXCHANGE	_____
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## LUNCH

Shake Powder	2 SCOOPS	
Dairy (Milk/Almond Milk)	1 EXCHANGE	_____
Protein	4 EXCHANGES	_____
Vegetable	1 EXCHANGE	_____
Starch	2 EXCHANGES	_____
Dairy	1 EXCHANGE	_____
MetAssist	1 TABLET	

## SNACK

Vegetable	1 EXCHANGE	_____
Fat	2 EXCHANGES	_____

## DINNER

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

## TOTAL DAILY EXCHANGES

<b>Protein</b>	<b>Dairy (2 from shakes)</b>	<b>Fruit</b>	<b>Vegetables</b>	<b>Starch</b>	<b>Fat</b>	<b>+</b>	<b>Shakes</b>
<b>10</b>	<b>3</b>	<b>3</b>	<b>4</b>	<b>4</b>	<b>2</b>		<b>2</b>