Your Meal Plan

Include details of the portion size and **how you will measure** each meal.

***Part A – Regular Meals Part B – Optional Snacks***

 ***Snack options***

1.

2.

3.

4.

5.

6.

***Breakfast***

1.

2.

3.

***Regular snacks you plan to have every day***

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***Dinner***

1.

2.

3.

*Normal day =*

*With extra exercise =*

*Other contingency =*

***Lunch***

1.

2.

3.