

# Your Meal Plan

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

## *Part A – Regular Meals*

### ***Breakfast***

1.

2.

3.

### ***Lunch***

1.

2.

3.

### ***Dinner***

1.

2.

3.

### ***Regular snacks you have every day***

## *Part B – Optional Snacks*

### ***Snack options***

1.

2.

3.

4.

5.

6.

*Normal day =*

*With extra exercise =*

*Other contingency =*