

BestChoiceChanges

Daily Food Plan

BREAKFAST:

_____ BestChoiceChanges Protein Shake; OR _____ Egg

_____ 1/2 Fruit serving (alone or in shake)

_____ 1 Melba toast _____ Coffee or Tea _____ Water

SNACK:

1/2 Fruit serving (preferably 1/2 apple) _____

Other: _____

LUNCH:

Proteins from list (1, 3.5 oz. serving): _____

Vegetables (1 -2 cup serving): _____

Other: _____

SNACK:

1 or 1/2 Fruit serving _____

Other: _____

DINNER:

Proteins from list (1, 3.5 oz. serving): _____

Vegetables from list (1 -2 cup serving): _____

Other: _____

OTHER FOODS:

2 Servings of Grain/Carbs as a snack or with meal (Equals total of 40 calories from list)
Description: _____

*FREE Serving of Lettuce or Celery (lunch, dinner or snack) _____

Visit www.bestchoicechanges.com/community.html for recipes and ideas.