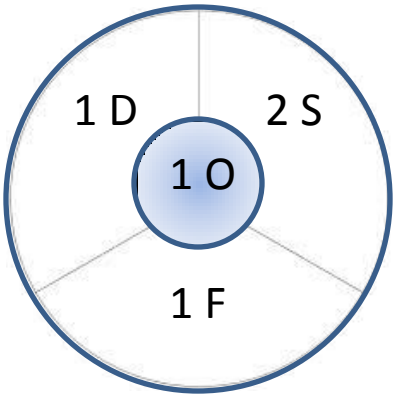


1800 Calorie Meal Plan

BREAKFAST (~350 calories)



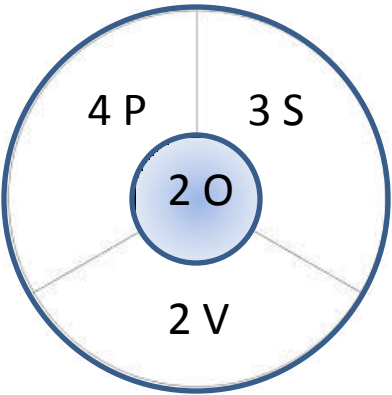
Snack (~150 calories)



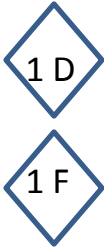
My Meal

Dairy _____
Starch _____
Fruit _____
Fat/oil _____

LUNCH (<600 calories)



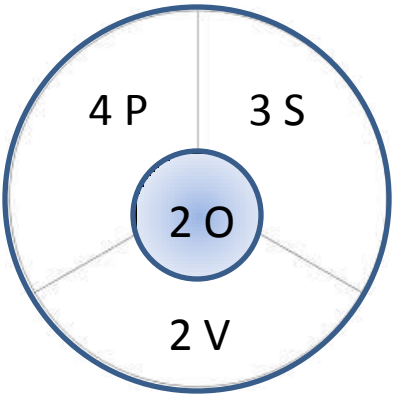
Snack (~150 calories)



My Meal

Protein _____
Starch _____
Vegetable _____
Fat/oil _____

DINNER (<600 calories)



My Meal

Protein _____
Starch _____
Vegetable _____
Fat/oil _____

My Snack

Dairy _____
Fruit _____

My Snack

Dairy _____
Fruit _____

Water

○ ○ ○ ○ ○ ○ ○ ○