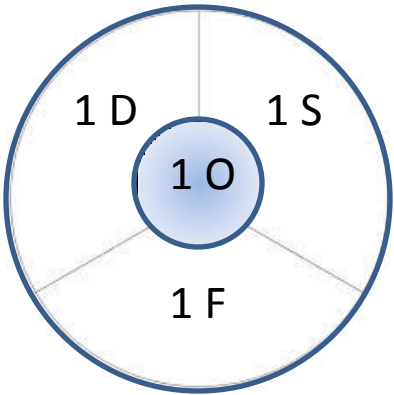


# 1500 Calorie Meal Plan

BREAKFAST (~300 calories)



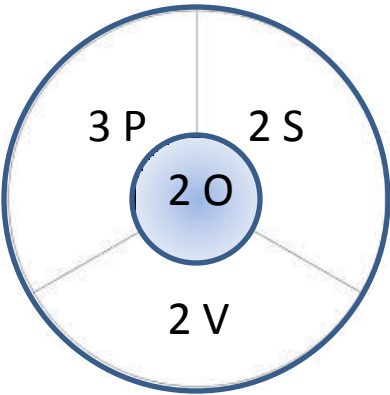
Snack (~150 calories)



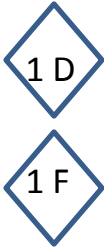
My Meal

Dairy \_\_\_\_\_  
Starch \_\_\_\_\_  
Fruit \_\_\_\_\_  
Fat/oil \_\_\_\_\_

LUNCH (~450 calories)



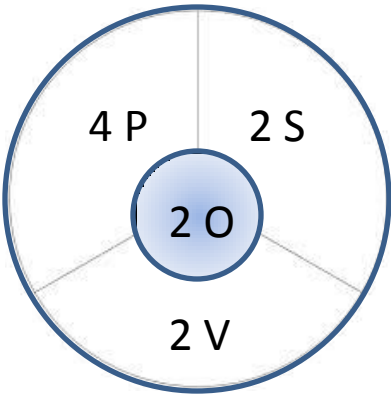
Snack (~150 calories)



My Meal

Protein \_\_\_\_\_  
Starch \_\_\_\_\_  
Vegetable \_\_\_\_\_  
Fat/oil \_\_\_\_\_

DINNER (~500 calories)



My Meal

Protein \_\_\_\_\_  
Starch \_\_\_\_\_  
Vegetable \_\_\_\_\_  
Fat/oil \_\_\_\_\_

My Snack

Dairy \_\_\_\_\_  
Fruit \_\_\_\_\_

My Snack

Dairy \_\_\_\_\_  
Fruit \_\_\_\_\_

Water

