# Meal Plan

If you’re counting carbohydrates, remember:

**1 choice = 15 grams of carbohydrate**

## Time
**Stick to regular patterns**

## Choices
Choose foods wisely – and watch your portions

## Menu Ideas
Enjoy your food

### Time
**Breakfast**
- **Carbohydrate:** 
  - Starches ____
  - Fruits ____
  - Milk ____
  - Non-starchy vegetables ____
- **Protein:** meat/meat substitutes ____ servings
- **Fat:** oils and fats ____ servings

**Snack**
- **Carbohydrate:** ____ grams
- **Protein:** meat/meat substitutes ____ servings
- **Fat:** oils and fats ____ servings

**Lunch**
- **Carbohydrate:** ____ grams
- **Protein:** meat/meat substitutes ____ servings
- **Fat:** oils and fats ____ servings

**Snack**
- **Carbohydrate:** ____ grams
- **Protein:** meat/meat substitutes ____ servings
- **Fat:** oils and fats ____ servings

**Dinner**
- **Carbohydrate:** ____ grams
- **Protein:** meat/meat substitutes ____ servings
- **Fat:** oils and fats ____ servings

**Bedtime snack**
- **Carbohydrate:** ____ grams
- **Protein:** meat/meat substitutes ____ servings
- **Fat:** oils and fats ____ servings

### Daily Targets

<table>
<thead>
<tr>
<th>grams total</th>
<th>percent daily calories</th>
<th>servings per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>carbohydrates</td>
<td></td>
<td></td>
</tr>
<tr>
<td>protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>fat</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Other
- sodium (salt): _____
- fiber: _____
- alcohol: _____
- caffeine: _____
- saturated fat: _____
- calcium: _____
- cholesterol: _____
- water: _____