

# My Meal Plan Worksheet



- ✚ Using your prescribed calories a day, for example 1,800, write in your target number of servings at the bottom of the table.
- ✚ Using **Meal by Calories** and **The exchange list** plan your meals for a day.
- ✚ Total each column. How close are you when you match the total with the target?

	Serving Size	Carbohydrates			Vegetables	Meat and Cheese	Fat
		Bread Cereal Rice Pasta	Fruit	Milk and yogurt			

## Breakfast


## Lunch


## Dinner


## Snacks


Subtotal:							
Total:							
Target:							

Make changes as necessary.