If it passes your lips, **write it down** to become aware of what you are eating and how much.

*Note about protein and milk exchanges:* Choose proteins with 5 grams of fat or less per serving. Proteins were formerly known as meat and meat substitutes. Be aware of the extra fat in 2% or whole-milk foods.

<table>
<thead>
<tr>
<th>MENU</th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>Breakfast</td>
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<td>Lunch</td>
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<td>Water</td>
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</tr>
</tbody>
</table>

For 1,200 Calorie Level

- **PROTEIN***: □
- **STARCH**: □
- **FRUIT**: □
- **FAT**: □
- **MILK***: □
- **VEGETABLE**: □
- **FREE FOOD**: □

Add for 1,500

- **STARCH**: □
- **FRUIT**: □
- **FAT**: □
- **VEGETABLE**: □

Add for 1,800

- **STARCH**: □
- **FRUIT**: □
- **FAT**: □

Add for 2,000

- **PROTEIN***: □
- **STARCH**: □

Add for 2,200

- **STARCH**: □
- **FAT**: □
- **VEGETABLE**: □

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