

Food Exchange Check List 1800 CALORIES

SUNDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

MONDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

TUESDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

WEDNESDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

Food Exchange Check List 1800 CALORIES CONT.

THURSDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

FRIDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

SATURDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

Food Exchange Check List 1500 CALORIES

SUNDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

MONDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

TUESDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

WEDNESDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

Food Exchange Check List 1500 CALORIES CONT.

THURSDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

FRIDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

SATURDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

Food Exchange Check List 1200 CALORIES

SUNDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

MONDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

TUESDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

WEDNESDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

Food Exchange Check List 1200 CALORIES CONT.

THURSDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

FRIDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

SATURDAY						
Starch / Carbohydrate (grain)						
Milk						
Fruit						
Meat						
Vegetable						
Fat						
Free						

Meal-Planning Worksheet

Day / Dinner Menu	Recipe Source	Groceries Needed
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		