

# Daily Meal Planner

Blocks of Proteins, Fats, and Carbs = \_\_\_\_\_ Calories

Name \_\_\_\_\_ Phone \_\_\_\_\_ Date \_\_\_\_\_

	Protein 1 Block = 7g / 55 kcal	Fat (3tsp = 1 Tbsp) 1 Block = 2g / 22 kcal	Starchy Carbs 1 Block = 9g / 40 kcal	Veggie Carbs 1 Block = 9g / 25 kcal	Fruit Carbs 1 Block = 9g / 30 kcal	Drinks 1 Block Carb	Supplements
<b>Breakfast Time:</b>	<input type="checkbox"/> 1 oz Lean Protein (animal) <input type="checkbox"/> 1.5 oz Fresh Fish / Shrimp <input type="checkbox"/> 1 Egg / 2 Eggs Whites <input type="checkbox"/> 2 Slices Turkey Bacon <input type="checkbox"/> 1 Turkey Sausage Patty <input type="checkbox"/> 1/2 <i>Bilinski</i> Sausage Link <input type="checkbox"/> 1 <i>Beyond Meat</i> slider <input type="checkbox"/> 1T Protein Powder <input type="checkbox"/> 1 scoop Medical Shake Mix	<input type="checkbox"/> 1/2 tsp EFA oil (flax or fish) <input type="checkbox"/> 1/2 tsp Olive oil / 3 Olives <input type="checkbox"/> 1/2 tsp Nut butter / 3 Nuts <input type="checkbox"/> 1/4 Avocado / 1 T Guacamole <input type="checkbox"/> 1 tsp Mayonnaise / Veganaise <input type="checkbox"/> 1 tsp <i>EB</i> Mindful Mayo <input type="checkbox"/> 1/2 tsp Clarified Butter / Coconut Oil <input type="checkbox"/> 1 T Canned Coconut Milk <input type="checkbox"/> 1 T Chia or Flax seeds	<input type="checkbox"/> 1/2 Medium Potato / Yam <input type="checkbox"/> 1/4 cup Beans/Legumes/Peas <input type="checkbox"/> 1/2 Slice Rice Bread* <input type="checkbox"/> 1/4 cup Brown Rice/Pasta* <input type="checkbox"/> 1/2 cup Brown Rice Cereal* <input type="checkbox"/> 1/4 cup <i>Granola/Muesli/Oats</i> <input type="checkbox"/> 6 Rice Crackers* <input type="checkbox"/> 8 Terra Chips / 12 Lentil Chips <input type="checkbox"/> 1 scoop Medical Shake Mix	<input type="checkbox"/> 2 cups Raw /Steamed Veggies <input type="checkbox"/> 4 cups Lettuce / Spinach <input type="checkbox"/> 1 cup Cooked Veggies <input type="checkbox"/> 2 Tomatoes / 1/2 cup Salsa <input type="checkbox"/> 1 cup Fresh Veggie Juice <input type="checkbox"/> 12 Spears Asparagus <input type="checkbox"/> 1 Artichoke <input type="checkbox"/> 3 cups Bokchoy <input type="checkbox"/> 1 cup Sea Vegetables	<input type="checkbox"/> 1 cup Fresh Berries /1/2 cup if frozen <input type="checkbox"/> 1/2 Medium Apple / Pear <input type="checkbox"/> 1 Plum / Peach / Tangerine <input type="checkbox"/> 9 Grapes / 7 Cherries <input type="checkbox"/> 1/2 Small Banana / 1/2 cup Melon <input type="checkbox"/> 1 T raisins / craisins / 2 prunes <input type="checkbox"/> 2 tsp Jam / Jelly / Maple Syrup <input type="checkbox"/> 1/4 cup 100% Juice <input type="checkbox"/> 1/2 Grapefruit / Orange	<input type="checkbox"/> 8 oz Wine <input type="checkbox"/> 8 oz Beer GF <input type="checkbox"/> 8 oz DF Milk <input type="checkbox"/> 8 oz Coconut Water	
<b>Snack Time:</b>	<input type="checkbox"/> Protein	<input type="checkbox"/> Fat	<input type="checkbox"/> Carbs	<input type="checkbox"/> Carbs	<input type="checkbox"/> Carbs		
<b>Lunch Time:</b>	<input type="checkbox"/> Protein	<input type="checkbox"/> Fat	<input type="checkbox"/> Carbs	<input type="checkbox"/> Carbs	<input type="checkbox"/> Carbs		
<b>Snack Time:</b>	<input type="checkbox"/> Protein	<input type="checkbox"/> Fat	<input type="checkbox"/> Carbs	<input type="checkbox"/> Carbs	<input type="checkbox"/> Carbs		
<b>Dinner Time:</b>	<input type="checkbox"/> Protein	<input type="checkbox"/> Fat	<input type="checkbox"/> Carbs	<input type="checkbox"/> Carbs	<input type="checkbox"/> Carbs		
<b>Snack Time:</b>	<input type="checkbox"/> Protein	<input type="checkbox"/> Fat	<input type="checkbox"/> Carbs	<input type="checkbox"/> Carbs	<input type="checkbox"/> Carbs		
<b>Totals:</b>						+	

Symptoms: \_\_\_\_\_  
 Exercise Routine: Cardio Minutes \_\_\_\_\_ Weight Minutes \_\_\_\_\_  
 Minimum Daily Water Intake: Weight x .075 = # of cups \_\_\_\_\_