

Learning the Right Balance

Meal Chart

- Plan your meals using the **Favorable Food List** and **Visually Balanced Meal Guide**.
- Record the foods and serving sizes in the chart below.
- For convenience, you can use the shakes and bars to replace other meals and snacks.

	PROTEIN	FAT	STARCHY CARBS	VEGGIE CARBS	FRUIT CARBS
Meal 1					
Meal 2					
Meal 3					
Meal 4					
Meal 5					
Meal 6					
Meal 7					