



# 1,000 Calorie Meal Plan

<b>My Actual Meals and Snacks for 1 Day</b>	<b>My New 1,000 Calorie Meal Plan</b>
Breakfast: _____ _____ _____	Breakfast: protein drink, 1 fruit, 1 starch _____ _____
Morning snacks: _____ _____ _____	Lunch: 1 protein, 1 dairy, 1 vegetable, 1 starch _____ _____
Lunch: _____ _____ _____	Dinner: 2 proteins, 1 vegetable, 1 starch, 1 fat _____ _____
Afternoon snacks: _____ _____ _____	1 daily snack: 1 fruit, 1 dairy _____ _____
Dinner: _____ _____ _____	<b>Totals</b>
Evening snacks: _____ _____ _____	Protein: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Vegetables: <input type="checkbox"/> <input type="checkbox"/> Nonfat dairy or protein drink: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruits: <input type="checkbox"/> <input type="checkbox"/> Starch: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Healthy fats: <input type="checkbox"/>

**QUESTIONS?**  
Your questions are important. Call your doctor or health care provider if you have questions or concerns.  
Nutrition Clinic: 206-598-6004