



Daily targets

Exchange allowance

Monday

Exchanges

Calories

Breakfast

Lunch

Dinner

Snacks

Protein Substitutes

Total for today

Water Intake



Tuesday

Exchanges

Calories

Breakfast

Lunch

Dinner

Snacks

Protein Substitutes

Total for today

Water Intake



Wednesday

Exchanges

Calories

Breakfast

Lunch

Dinner

Snacks

Protein Substitutes

Total for today





Water Intake





Weight*



Thursday				Friday				Saturday				Sunday			
		Exchanges	Calories			Exchanges	Calories			Exchanges	Calories			Exchanges	Calories
Breakfast				Breakfast				Breakfast				Breakfast			
Lunch				Lunch				Lunch				Lunch			
Dinner				Dinner				Dinner				Dinner			
Snacks				Snacks				Snacks				Snacks			
Protein Substitutes				Protein Substitutes				Protein Substitutes				Protein Substitutes			
Total for today				Total for today Intake				Total for today				Total for today			
Water Intake				Water Intake				Water Intake				Water Intake			
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* Keep track of your weight no more than once weekly; weigh at the same time of day in similar clothing.