

Time		Food Breakdown	C	P	V	F	D	BO	W	E	S
	1										
	2										
	3										
	4										
	5										
	6										
		Goals and totals									

Time		Food Breakdown	C	P	V	F	D	BO	W	E	S
	1										
	2										
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		Goals and totals									

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	1										
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	4										
	5										
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		Goals and totals									

	Total Calories	C	P	V	F	D	BO
	Goals and totals						

Determine Target Calories

Time		Food Breakdown	C	P	V	F	D	BO	W	E	S
	1										
	2										
	3										
	4										
	5										
	6										
		Goals and totals									

	Total Calories 1200 or 120pts	C	P	V	F	D	BO
	Goals and totals	30%	30%	10%	10%	10%	10%

Record the time of each meal

Time		Food Breakdown	C	P	V	F	D	BO	W	E	S
8AM	1										
10AM	2										
12N	3										
2PM	4										
4PM	5										
6PM	6										
		Goals and totals									

	Total Calories 1200 or 120pts	C	P	V	F	D	BO
	Goals and totals	30%	30%	10%	10%	10%	10%

List foods, amounts, calories

Time		Food Breakdown	C	P	V	F	D	BO	W	E	S
8AM	1	1 cup oatmeal	12								
10AM	2	1 container yogurt, 1 med. Apple				5	12				
12N	3	4 cup mixed salad, 4oz grill chik, grapes		14	6	5		4			
2PM	4	3oz salmon, 1/2 cup Br rice, 2 cup veg	10	12	4			4			
4PM	5	1 ww bread but, 3 cup salad,	14		2			4			
6PM	6	almonds & Mixed nuts, 3 strawberries		10		2					
		Goals and totals	36	36	12	12	12	12			

	Total Calories 1200 or 120pts	C	P	V	F	D	BO
	Goals and totals	30%	30%	10%	10%	10%	10%

Spread meals according to activity

Time		Food Breakdown	C	P	V	F	D	BO	W	E	S
8AM	10%	1 cup oatmeal	12								
10AM	15%	1 container yogurt, 1 med. Apple				5	12				
12N	25%	4 cup mixed salad, 4oz grill chik, grapes		14	6	5		4			
2PM	25%	3oz salmon, 1/2 cup Br rice, 2 cup veg	10	12	4			4			
4PM	15%	1 ww bread but, 3 cup salad,	14		2			4			
6PM	10%	almonds & Mixed nuts, 3 strawberries		10		2					
		Goals and totals	36	36	12	12	12	12			

	Total Calories 1200 or 120pts	C	P	V	F	D	BO
	Goals and totals	30%	30%	10%	10%	10%	10%