

Name: _____



Eating Guidelines

1. Always have a protein with your carbohydrates (fruit, vegetables, bread/starches).
2. Do not eat two hours prior to bedtime.
3. Eat whole, non-processed foods whenever possible. The less done to the food the better!
4. Exercise 5-6 times a week for 45 minutes to one hour.
5. Drink a glass of water before you eat anything.
6. Follow your portion sizes (see exchange list).
7. Minimum of eight 8oz glasses of water a day.
8. Do not skip meals or snacks
9. Snacks should be 100-150 calories
10. Weigh or measure all foods, do not "eye it."

1200 Calorie Plan

Date: _____

Breakfast

Snack

Lunch

Snack

Dinner

Tracking Boxes

Protein
 Vegetables
 Fruit
 Bread/Starch
 Low/Non Fat Dairy
 Fats/Oils
 Water
 Vitamins

Exercise

Cardio (each box equals 15 min.)

 Strength Training
 Upper body Lower body

Date: _____

Breakfast

Snack

Lunch

Snack

Dinner

Tracking Boxes

Protein
 Vegetables
 Fruit
 Bread/Starch
 Low/Non Fat Dairy
 Fats/Oils
 Water
 Vitamins

Exercise

Cardio (each box equals 15 min.)

 Strength Training
 Upper body Lower body

Date: _____

Breakfast

Snack

Lunch

Snack

Dinner

Tracking Boxes

Protein
 Vegetables
 Fruit
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 Upper body Lower body

My goal for this week is to: