

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."

# 1800 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   
 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

Dinner

Snack

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

Dinner

Snack

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

Dinner

Snack

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

Dinner

Snack

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

My goal for this week is to: