2,500 Calorie Worksheet (Lean Meat)

Now you can design your own menu plans with our 'exchange system' diet plan. Simply refer to the Exchange lists, then determine what foods you want to include in your menu plan.

Step 1: Find the food you want to include in your meal plan (from the Exchange Lists) and record in the table below.

Step 2: After entering your food, place a checkmark next to the appropriate exchange list in the Exchange List—Check Box Section.

Step 3: When you have checked off all the boxes, you are done eating for the day. Approximate macronutrient ratio: 40% Carbohydrate 30% Protein 30% Fat

Exchange List—Check Box Section

Starches and Breads (10) ❒ ❒ ❒ ❒ ❒ ❒ ❒ ❒ ❒ ❒

Meats (11) Lean Meat ❒ ❒ ❒ ❒ ❒ ❒ ❒ ❒ ❒ ❒ ❒

Vegetables (7) ❒ ❒ ❒ ❒ ❒ ❒ ❒

Fruits (3) ❒ ❒ ❒

Milk (3) ❒ ❒ ❒

Fat (7) ❒ ❒ ❒ ❒ ❒ ❒ ❒

If you choose to consume Medium fat meats, consume only 3 fats.

Food Item	Portion size	Starch/bread	Meats	Vegetable	Fruit	Milk	Fat

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