

Diet 1 2200 Cal	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C	%P	%F
Starch	3	-	4	-	4	1	12	15 180	3 36	1 12
Meat		-	2	-	2		5		7 35	2 10 5 8
Vege	1	-	1	-	1		3	5 20	2 8	
Fruit	1	-	1	-	1	1	3	15 45		
Milk	1	-		-		1	3	12 48	8 32	1 3 5 8
Fat	2	-	2	-	2	1	8			5
Goal	80	-	80	-	80	40	Total grams	293	111	65
TOTAL	77	-	80	-	77	42	Total Kcals	1172	352	585

Total: 2201 Calories

Diet 2 4200 Cal	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C	%P	%F
Starch	6	3	7	4	8	3	31	15 465	3 93	1 31
Meat			3	2	4		9		7 63	2 45 5 8
Vege		1	1		1	1	4	5 20	2 8	
Fruit	1	1	1	1		1	5	15 75		
Milk	1	1				1	3	12 36	8 24	1 15 5 8
Fat	1		1		3	1	6			5 30
Goal	120	80	120	80	120	80	Total grams	596	188	121
TOTAL	117	77	125	75	125	77	Total Kcals	2384	752	1089

Total: 4225 Calories