My Notes

Daily Diet Planner

1600 calories a day example		
Amount	**Food**	**Single serving**
3 or more	Vegetables	1 cup
2	Fruit	Size of Medium apple
2	Meat or fish	2.5 ounces
2-3	Dairy (milk-cheese)	1/2 ounces
6	Grains (breads-pasta)	1/2 cup (cooked)
*	Butter or margarine	1 teaspoon

Visit www.Lemonfower.com for Recipes and Tips

Daily Food Planner

Date _____
Day _____

Food	Meal	Portion	Calories	Water	Vegetables	Fruits	Protein	Dairy	Grains	Fat grams	Other
Calorie Subtotal											
Calorie Subtotal											
Daily Calorie Total											
Total Glasses of Water											
Total Fat Grams											

Notes

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Daily Food Planner

Date _____
Day _____

Food	Meal	Portion	Calories	Water	Vegetables	Fruits	Protein	Dairy	Grains	Fat grams	Other
Calorie Subtotal											
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Notes

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