

Individual Daily Meal Plan

Name:

	Servings	CHO	grams	Protein	grams	Fat	grams	Total Kcal	Kcal
Very Low-Fat Milk		0	12	0	8	0	1.5	0	90
Low-fat Milk		0	12	0	8	0	5	0	120
Whole Milk		0	12	0	8	0	8	0	150
Vegetable		0	5	0	2	0	0	0	25
Fruit		0	15	0	0	0	0	0	60
Starch		0	15	0	3	0	1	0	80
Very-Lean Meat		0	0	0	7	0	1	0	35
Lean-Fat Meat		0	0	0	7	0	3	0	55
Medium-Fat Meat		0	0	0	7	0	5	0	75
High-Fat Meat		0	0	0	7	0	8	0	100
Fat		0	0	0	0	0	5	0	45
Other		0	15	0	0	0	0	0	60
Total		0		0		0		0	
Recommended		0		0		0		0	

Assessment: Kcals

CHO	50	%
Protein	20	%
Fat	30	%



50	% CHO	0	kcal/	4	=	0	grams CHO
20	% Protein	0	kcal/	4	=	0	grams Protein
30	% Fat	0	kcal/	9	=	0	grams Fat