DAILY LOG: 1 MEAL REPLACEMENT

LOWER NEEDS

Meal Replacements

Whole Grains/Beans/Starchy Vegetables

Nonstarchy Vegetables

Fruits

Healthy Fats

Healthy Protein

MODERATE NEEDS

Meal Replacements

Whole Grains/Beans/Starchy Vegetables

Nonstarchy Vegetables

Fruits

Healthy Fats

Healthy Protein

HIGHER NEEDS

Meal Replacements

Whole Grains/Beans/Starchy Vegetables

Nonstarchy Vegetables

Fruits

Healthy Fats

Healthy Protein