

DAILY LOG: 2 MEAL REPLACEMENTS

LOWER NEEDS

Meal Replacements

Nonstarchy Vegetables

Healthy Protein

Whole Grains/Beans/Starchy Vegetables

Fruits

Healthy Fats

MODERATE NEEDS

Meal Replacements

Nonstarchy Vegetables

Healthy Protein

Whole Grains/Beans/Starchy Vegetables

Fruits

Healthy Fats

HIGHER NEEDS

Meal Replacements

Nonstarchy Vegetables

Healthy Protein

Whole Grains/Beans/Starchy Vegetables

Fruits

Healthy Fats