

DAILY LOG: 3 MEAL REPLACEMENTS

Lower Calorie Needs

LOWER NEEDS

Meal Replacements

Nonstarchy Vegetables

Healthy Protein

Whole Grains/Beans/Starchy Vegetables

Fruits

Healthy Fats

DAILY PLAN EXAMPLE

Meal 1

- Meal replacement
- 1 grain/bean/starchy veggie
- 1 fruit
- 1 healthy fat



1 meal replacement
 ½ cup oatmeal
 1 apple
 1 cup almond milk

Meal 2

- Meal replacement



1 meal replacement

Meal 3

- 2 proteins
- 2 vegetables
- 1 fruit
- 1 healthy fat



2 oz salmon
 2 cups mixed greens
 1 serving oranges
 1 tbsp oil-based dressing

Meal 4

- 2 proteins
- 3 vegetables



2 oz chicken breast
 3 cups green beans

Meal 5

- Meal replacement



1 meal replacement

DAILY LOG: 3 MEAL REPLACEMENTS

Moderate Calorie Needs

MODERATE NEEDS

Meal Replacements

Nonstarchy Vegetables

Healthy Protein

Whole Grains/Beans/Starchy Vegetables

Fruits

Healthy Fats

DAILY PLAN EXAMPLE

Meal 1

- Meal replacement
- 1 grain/bean/starchy veggie
- 1 fruit
- 1 healthy fat



1 meal replacement
1 slice whole wheat toast
1 cup grapes
¼ avocado

Meal 2

- Meal replacement



1 meal replacement

Meal 3

- 3 proteins
- 1 grain/bean/starchy veggie
- 2 vegetables
- 1 healthy fat



3 oz chicken breast
2 cups green beans and arugula
½ cup sweet potatoes
1 tsp olive oil

Meal 4

- 4 proteins
- 3 vegetables
- 1 fruit
- 1 healthy fat



4 oz salmon
3 cups mixed greens
1 serving oranges
1 tbsp oil-based dressing

Meal 5

- Meal replacement



1 meal replacement

DAILY LOG: 3 MEAL REPLACEMENTS

Higher Calorie Needs

HIGHER NEEDS

Meal Replacements

Nonstarchy Vegetables/Fruits

Healthy Protein

Whole Grains/Beans/Starchy Vegetables

Fruits

Healthy Fats

DAILY PLAN EXAMPLE

Meal 1

- Meal replacement
- 1 grain/bean/starchy veggie
- 1 fruit
- 1 healthy fat



1 meal replacement
 ½ cup mashed pinto beans
 1 cup mango slices
 1 tsp olive oil (in beans)

Meal 2

- Meal replacement



1 meal replacement

Meal 3

- 4 proteins
- 1 grain/bean/starchy veggie
- 2 vegetables
- 1 healthy fat



4 oz chicken breast
 2 cups green beans and arugula
 ½ cup sweet potatoes
 1 tsp olive oil

Meal 4

- 4 proteins
- 3 vegetables
- 1 fruit
- 2 healthy fats



4 oz shrimp
 3 cups zucchini noodles
 1 serving figs
 2 tsp olive oil

Meal 5

- Meal replacement



1 meal replacement