

This meal plan is based on the Food Guide Pyramid and all of the Food Groups. I feel that it is important for the body to receive the nutrients from each of these groups. As long as you are eating the proper foods from these food groups you should be able to maintain and even loose weight with this plan. The amount of servings on this sheet is based approx. on a 1790 calorie diet. If you are looking to loose weight, if you do not exercise at least 3 to 5 days a week, or, if you think this is more calories than needed to maintain your weight, you will immediately cross off 1 fruit square, and 2 grain squares, from each day of the week upon printing the meal planning sheet. This will bring you to approx. 1570 calories per day and with that drop you should be able to loose some weight. If you are not seeing weight loss results within 2 weeks at 1570 calories a day, cross off another square from any of the categories except for dairy or vegetable (You should be having at least two dairy servings a day for calcium and crossing off a vegetable square will not make much difference). Every two weeks evaluate your weight loss and determine if you are seeing results. If you are not, keep crossing off 1 square until you see the weight dropping, but, do not go below 1200 calories. Once you have reached your goal weight you could add back those squares one at a time and see if you can maintain your weight within a 2 week period. Use this sheet in conjunction with the nutritional tips and meal planning page on my website for optimal health benefits.

Once you have determined the amount of calories you want for the day and you have printed out and crossed off any boxes that you are not using, you are ready to use the meal planning sheet. All you need to do is cross off 1 square for every serving in that food group that you eat throughout the day (ex. with a breakfast consisting of 1 packet of plain instant oatmeal , 1/2 mashed banana and 1/2 cup low-sodium V8 juice, you would cross off 1 grain square, 1 fruit square and 1 vegetable square). Once you have crossed off all of the squares for that category you are done with that food group for the day and should no longer eat from that group. Note: if you eat a half of a serving, you make half of the X and then complete it when you eat another half of a serving from that food group.

You will notice that there is no Saturday or Sunday. That is because I do believe that it is almost impossible to be perfect all week long. There are too many temptations out there and having to resist temptation 100% of the time usually leads to failure and is unrealistic. I feel that there should be 2 free days a week (unless you are on the weight loss plan and therefore should follow the plan 7 days a week until you have reached your goal weight). This means that you are free of having to record your meals for the day. This does not mean that you overindulge all weekend long on bagels, cakes, cookies and fattening foods. You should still be trying to eat as healthy as possible most of the time, exercising portion control and thinking about your serving sizes, but when temptation comes around, allow yourself to indulge a little. This makes things a little bit more realistic since most of us have special events or things going on during the weekend that makes it almost impossible to stay within a calorie restricted healthy diet. If you can make it through the 5 day week eating only the servings that are allowed and making fairly healthy choices, then you should be rewarded at the end of the week. However, if you have not been able to stay within the 5 day plan, then you are not allowed to have the two free days off on the weekend. And, that is why there are two blank spaces at the end of the week. If you did not do well one or more days during the week, then cross off that day of the week, write Saturday or Sunday in at the end of the week and follow the plan on the weekend for that day or days.



with Joy

Weekly Meal Planning Record

Day of Week	Fruits & Sugars 4 Servings	Vegetables 6 Servings	Grains 7 Servings	Dairy 2 Servings	Protein 7 Servings	Fats 3 Servings
Monday	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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To determine servings for each category see below:

Fruits and Sugars:

60 Calories
15 Carb grams
Less than 5 grams of Fat

Vegetables:

25 Calories
6 Carb grams
Less than 5 grams of Fat

Grains:

80 Calories
15 Carb grams
Less than 5 grams of Fat

Dairy:

90 Calories
12 Carb, 8 Protein grams
Less than 5 grams of Fat

Protein:

75 Calories
7 Protein grams
5 grams of Fat or Less

Fat:

45 Calories
5 Fat grams

Note: you may need to cross off more than one food group square for some foods (ex. Chocolate would consist of a fat square and a fruit square, because it contains both fat and sugar carbs). For half a serving make only one slash of the X and finish the X when you have another half of serving for that food group.

Weekly Meal Planning Record

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