

1800 CALORIE MEAL PLAN

Following a meal plan is often the easiest way to stay on track with a healthy diet. Below is a list of foods that provides approximately 1800 calories per day. Use this list along with a list of common serving sizes to create a well-rounded diet.

Breakfast

- 2 starches
- 1 milk
- 1 fat

Lunch

- 2 starch
- 1 fruit
- Vegetables
Unlimited non-starchy veggies
- 3 ounces of Meat
- 1 Fat

Snack

- 1 starch
- 1 fruit

Dinner

- 2 Starch
- 1 Fruit
- 1 Milk
- Vegetables
Unlimited non-starchy veggies
- 4 ounces of meat
- 1 fat

Snack

- 1 starch
- 1 milk



Personal Touches: _____
