

PERSONAL MEAL PLAN

Meal Plan for: _____ Date: _____

Registered Dietitian: _____ No. of Carbohydrate Choices: _____ Proteins (ounces): _____

Phone: _____ Total Calories: _____ Fats (grams): _____

E-mail: _____ Carbohydrates (grams): _____

With your RD, fill in your personal meal plan below with the number of grams of carbohydrates and/or number of carbohydrate choices for each meal and snack (if needed).

	Breakfast (Time: _____)	Snack (Time: _____)	Lunch (Time: _____)	Snack (Time: _____)	Dinner (Time: _____)	Snack (Time: _____)
Carbohydrates:						
Starch						
Fruit						
Veget						
Nonstarchy Vegetables						
Sweets, Creams, & Other Carbohydrates						
Meat & Protein Sources						
Fats						
Fiber Foods						
Other Notes						

Lilly Diabetes Daily Meal Planning Guide

RJ Alexander



Lilly Diabetes Daily Meal Planning Guide:

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