



DIET PLAN – 7 DAY

NAME _____

WEEK _____

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast							
Lunch							
Dinner							
Milk							
Break							
Protein							
Fat							
Veg.							
Fruit							
Water							
Optional							
Weekly Exchange Totals: Eggs (up to 4) Cheese (up to 4 oz.) Red Meat (up to 4 oz.)				Exercise Schedule: M____ T____ W____ TH____ F____			

SPBH HEALTH ENRICHMENT CENTER
WEIGHT MANAGEMENT PROGRAM