

# FOOD GUIDELINES

Planning your meals is easy. For each ~~meal~~ include:

- One food from the Proteins list on page 9.
- One food from the Fats list on page 10.
- Two or more foods from the Low carbohydrates list on page 11.

Plus, each day include:

- One food from the Moderate carbs list on page 12.
- One food from the Higher carbs list on page 12.
- One food from the Highest carbs list on page 13.

Your two snacks a day help you lose weight without hunger.

## When to eat

Meal 1	Morning Snack	Meal 2	Afternoon Snack	Meal 3
Protein	Protein snack	Protein	Protein snack	Protein
Fat		Fat		Fat
Low carbs		Low carbs		Low carbs
Moderate carb				
Higher carb				
Highest carb				

## Notes

- You can add the moderate, higher and highest carb servings to any meal or meals.
- Continue to plan your meals and snacks in advance by writing in this Daily Planner.
- If a planned meal or snack changes, record the change.