

Meal Plan
Client Name

Prepared By: Devon Compton
Email: devoncompton@foreverfitnessfit4life.co
Created: 06-05-2016

Exchange Driven Program

Meal Plan

Client Name




Prepared By: Devon Compton

Email: devoncompton@foreverfitnessfit4life.co

Created: 06-05-2016

Exchange Driven Program

Day 1

Master						
Time	Meal Label	Calories	 Carbs	 Protein	 Fat	Fluid (oz)
07:00 am	Breakfast	436	4 Points	4 Points	2 Points	16oz
Notes:						
Meal Totals:		436	60g (55%)	25g (23%)	11g (22%)	16oz
10:00 am	Snack	291	3 Points	2 Points	1 Points	16oz
Notes:						
Meal Totals:		291	40g (55%)	17g (23%)	7g (22%)	16oz
12:00 pm	Lunch	436	4 Points	4 Points	2 Points	16oz
Notes:						
Meal Totals:		436	60g (55%)	25g (23%)	11g (22%)	16oz
03:00 pm	Snack	291	3 Points	2 Points	1 Points	16oz
Notes:						
Meal Totals:		291	40g (55%)	17g (23%)	7g (22%)	16oz
06:00 pm	Dinner	436	4 Points	4 Points	2 Points	16oz
Notes:						
Meal Totals:		436	60g (55%)	25g (23%)	11g (22%)	16oz
08:00 pm	Snack	291	3 Points	2 Points	1 Points	16oz
Notes:						
Meal Totals:		291	40g (55%)	17g (23%)	7g (22%)	16oz
		Calories	Carbs	Protein	Fat	Fluid
Day 1 Totals (Points):			21 Points	18 Points	9 Points	
Day 1 Totals:		2181	300g (55%)	126g (23%)	54g (22%)	96oz


Carbohydrate (Uncategorized)

Category	Serving Size	Item	Points (Carbs)	Points (Protein)	Points (Fat)
Beverages	4 oz	APPLE JUICE	1	0	0
	3 oz	GRAPE JUICE	1	0	0
	5 oz	GRAPEFRUIT JUICE	1	0	0
	4 1/2 oz	MIXED VEGETABLE & FRUIT JUICE DRINK	1	0	0
	4 oz	ORANGE JUICE	1	0	0
	4 1/4 oz	PINEAPPLE JUICE	1	0	0
	3 oz	PRUNE JUICE	1	0	0
	Bread	1 oz	100% WHOLE WHEAT BAGEL	1	0
1 oz		BAGEL, PLAIN	1	0	0
1 slice cfg		BREAD, DIET, OAT BRAN	1	0	0
1 large-slice		BREAD, MIXED GRAIN	1	0	0
1 oz		DINNER ROLL, WHOLE WHEAT	1	0	0
1/2 muffin		ENGLISH MUFFIN, MIXED GRAIN	1	0	0
1 oz		HAMBURGER/HOTDOG BUN, PLAIN	1	0	0
1 1/2 oz		PANCAKE, LOWFAT	1	0	0
1 1/4 oz		PANCAKE, ORIGINAL	1	0	0
1 small-pita		PITA BREAD, WHOLE WHEAT	1	0	0
1 1/4 oz		TORTILLA, CORN, RTC	1	0	0
1 oz		TORTILLA, FLOUR, TACO STYLE	1	0	0
1 slice		WHITE BREAD	1	0	0
Cereals, Ready to Eat		3/4 oz	CEREAL BAR, FRUIT	1	0
	3 3/4 oz	CEREAL, HOT, CORN GRITS COOKED	1	0	0
	4 1/4 oz	CEREAL, HOT, CREAM OF RICE, COOKED	1	0	0
	3 oz	CEREAL, RTE, BRAN FLAKES	1	0	0
	3 3/4 oz	CEREAL, RTE, MULTIGRAIN FLAKES	1	0	0
	1 1/2 oz	GRANOLA, LOWFAT, RTE	1	0	0
	2 1/2 oz	OATMEAL, INSTANT, PREPARED	1	0	0
	2 slices	POLENTA	1	0	0
	3 1/2 oz	PUFFED WHEAT CEREAL, RTE	1	0	0
	2 3/4 oz	SHREDDED WHEAT, RTE	1	0	0
Cereal and Grain Products	2 3/4 oz	BARLEY, PEARLED, COOKED	1	0	0
	2 3/4 oz	BROWN RICE, LONG GRAIN, COOKED	1	0	0
	1 oz	COUSCOUS, COOKED	1	0	0
	3/4 oz	GRAIN, QUINOA	1	0	0
	2 oz	GRAIN, RICE, WHITE, LONG-GRAIN, REGULAR, COOKED	1	0	0
2 3/4 oz	SPAGHETTI PASTA, NO ADDED SALT	1	0	0	


Carbohydrate (Uncategorized)

Category	Serving Size	Item	Points (Carbs)	Points (Protein)	Points (Fat)
	3 oz	WHEAT BRAN, UNPROCESSED	1	0	0
Cookies & Crackers	3/4 oz	BROWN RICE CRACKER	1	0	0
	3/4 oz	WHOLE WHEAT CRACKER	1	0	0
Fruits	3 3/4 oz	APPLE W/SKIN, RAW	1	0	0
	2 1/4 oz	APRICOT, DRIED, NO ADDED SUGAR	1	0	0
	4 1/2 oz	APRICOT, RAW	1	0	0
	2 1/4 oz	BANANA, RAW	1	0	0
	3 1/2 oz	BLUEBERRY, RAW	1	0	0
	3 oz	GRAPE, RAW	1	0	0
	3 oz	MANGO, RAW	1	0	0
	6 oz	MELON, CANTALOUPE	1	0	0
	4 1/4 oz	ORANGE, ALL VARIETIES, RAW	1	0	0
	5 1/4 oz	PEACH, RAW	1	0	0
	3 1/4 oz	PEARS, RAW W/SKIN	1	0	0
	4 oz	PINEAPPLE, ALL VARIETIES, RAW	1	0	0
	4 1/2 oz	PLUM, RAW	1	0	0
	4 1/4 oz	RASPBERRY, RAW	1	0	0
	6 1/2 oz	STRAWBERRY, RAW	1	0	0
	5 1/2 oz	TANGERINE, RAW	1	0	0
	7 oz	WATERMELON	1	0	0
Side Dishes	2 tablespoons	TABOULI MIX (TABBOULEH)	1	0	0
Snacks	19 3/4 oz	POPCORN, LOWFAT	1	0	0
	3/4 oz	PRETZEL, SOFT	1	0	0
	2 cakes	RICE CAKE, CRACKER	1	0	0
	3/4 oz	TORTILLA CHIPS, RESTAURANT STYLE, LIGHT	1	0	0
Vegetables	7 oz	BEET, RAW	1	0	0
	5 1/4 oz	CARROT, RAW	1	0	0
	1 ear	CORN ON THE COB, WHITE, NO SALT	1	0	0
	1 parsnip	PARSNIP, RAW	1	0	0
	2 1/2 oz	POTATO, BAKED, NO SALT	1	0	0
	8 1/4 oz	RED PEPPER, SWEET, RAW	1	0	0
	2 1/2 oz	SWEET POTATO, BAKED, NO SALT	1	0	0
	6 1/4 oz	WINTER SQUASH, BAKED, NO SALT	1	0	0
	3 oz	YAM, BOILED OR BAKED, NO SALT	1	0	0


Protein (Uncategorized)

Category	Serving Size	Item	Points (Carbs)	Points (Protein)	Points (Fat)	
Beef	1 oz	BEEF ROUND, TIP, ROASTED, SLO (CUBE STEAK)	0	1	0	
	3/4 oz	BEEF TOP ROUND, BROILED, SLF (LONDON BROIL)	0	1	0	
	1 1/2 oz	BEEF, HIP, SIRLOIN TIP, LF, 0" TRIM, ROASTED	0	1	0	
	1 oz	GROUND BEEF, BROILED, 95% LEAN	0	1	0	
Dairy Products	1 oz	AMERICAN CHEESE, LOWFAT	0	1	0	
	1 oz	CHEESE, CHEDDAR OR COLBY, LOWFAT	0	1	0	
	1 3/4 oz	CHEESE, COTTAGE 1%	0	1	0	
	1/4 cups	EGG ALTERNATIVE, EGG BEATERS	0	1	0	
	2 oz	EGG WHITE, CHICKEN, RAW	0	1	0	
	1 1/2 oz	MOZZARELLA CHEESE, NONFAT	0	1	0	
	Finfish and Shellfish P...	1 oz	ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED	0	1	0
1 oz		ATLANTIC COD, COOKED	0	1	0	
1 oz		CRAB, DUNGENESS, COOKED	0	1	0	
1 1/2 oz		DOLPHINFISH, BAKED OR BROILED (MAHI MAHI)	0	1	0	
1 3/4 oz		LOBSTER, AMERICAN, BOILED OR STEAMED (NORTHERN)	0	1	0	
1 oz		SALMON, PINK, COOKED	0	1	0	
1 oz		SCALLOP (BAY & SEA), COOKED, STEAMED	0	1	0	
1 1/4 oz		SHRIMP, COOKED	0	1	0	
1 oz		SWORDFISH, COOKED	0	1	0	
1 oz		TILAPIA, FRESH	0	1	0	
1 1/4 oz		TUNA, YELLOWFIN, BAKED OR BROILED (AHI)	0	1	0	
Lamb and Veal		3/4 oz	DEER ROASTED (VENISON)	0	1	0
		1 oz	LAMB, TENDERLOIN & STRIPLOIN, TRIMMED	0	1	0
	1 oz	VEAL LOIN, ROASTED, SLO	0	1	0	
Legumes	3 3/4 oz	TOFU, FIRM, LIGHT	0	1	0	
Pork	1 oz	CANADIAN BACON	0	1	0	
	3/4 oz	PORK, FRESH, LOIN, BACK RIBS, LEAN, BROILED	0	1	0	
Poultry	3/4 oz	CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY	0	1	0	
	1 1/4 oz	CHICKEN, WHITE & DARK MEAT, CHUNK, CANNED	0	1	0	
Sausages and Lunch Meats	1 1/4 oz	HAM	0	1	0	
	1 1/4 oz	LUNCHMEAT, VARIETY PACK, LOWFAT	0	1	0	
	1 1/4 oz	TURKEY BREAST	0	1	0	
Vegetarian Products	1 oz	FRANKFURTER (HOT DOG), VEGAN	0	1	0	



Carbohydrate/Protein Blend (Uncategorized)

Category	Serving Size	Item	Points (Carbs)	Points (Protein)	Points (Fat)
Beverages	4 3/4 oz	CHOCOLATE MILK, 1% FAT	1	1	0
	8 fl oz	SOY MILK, LIGHT ORIGINAL (SOYMILK)	1	1	0
Cereal and Grain Products	1 3/4 oz	SPAGHETTI PASTA, COOKED, ENRICHED	1	1	0
Dairy Products	3 1/2 oz	SOY YOGURT, PLAIN	1	1	0
	4 3/4 oz	YOGURT, FRUIT BOTTOM, UNDER 1% MF	1	1	0
	2 3/4 oz	YOGURT, FRUIT, LOW FAT	1	1	0
Legumes	2 oz	ADZUKI BEAN, BOILED, NO ADDED SALT	1	1	0
	2 1/2 oz	BAKED BEAN, VEGETARIAN	1	1	0
	2 oz	BEAN, NAVY, BOILED	1	1	0
	2 oz	BEAN, WHITE, BOILED	1	1	0
	3 1/4 oz	BLACK BEAN, NO ADDED SALT	1	1	0
	2 oz	BLACKEYED PEAS	1	1	0
	3 oz	CHILI BEANS	1	1	0
	3 1/4 oz	KIDNEY BEAN	1	1	0
	2 1/2 oz	LENTILS, BOILED	1	1	0
	2 1/2 oz	PEA, SPLIT, BOILED	1	1	0
	3 oz	REFRIED BEAN	1	1	0
	5 3/4 oz	SWEET PEA	1	1	0
	Soup	5 oz	BEEF VEGETABLE SOUP, RTS	1	1
5 3/4 oz		CHICKEN NOODLE SOUP, LOWFAT, RTS	1	1	0
3 oz		CHILI, VEGETARIAN W/BEANS, RTS	1	1	0
5 1/2 oz		LENTIL SOUP, LOWFAT, RTS	1	1	0
6 oz		MINISTRONE SOUP, RTS	1	1	0
3 oz		THREE BEAN MILD CHILI, RTS	1	1	0
Vegetables		7 1/2 oz	BROCCOLI, RAW	1	1
	10 oz	COLLARDS, BOILED, NO SALT	1	1	0
	16 3/4 oz	KALE, RAW	1	1	0
Vegetarian Products	3 3/4 oz	CHILI, BLACK BEAN, VEGAN	1	1	0


Fat (Uncategorized)

Category	Serving Size	Item	Points (Carbs)	Points (Protein)	Points (Fat)
Accompaniments	1/4 oz	MAYONNAISE	0	0	1
	1 tablespoons	MAYONNAISE, LIGHT	0	0	1
	1/2 oz	MAYONNAISE, MADE W/TOFU	0	0	1
	1 1/2 oz	OLIVE, PIMIENTO, SLICED	0	0	1
	3/4 oz	OLIVE, WHOLE, KALAMATA	0	0	1
	1/2 oz	SALAD DRESSING, BALSAMIC VINAIGRETTE	0	0	1
	1/4 oz	SALAD DRESSING, CAESAR	0	0	1
	1/2 oz	SALAD DRESSING, ITALIAN	0	0	1
	1/4 oz	SALAD DRESSING, MAYO-TYPE	0	0	1
	1/4 oz	SALAD DRESSING, OLIVE OIL & VINEGAR	0	0	1
	Dairy Products	1/4 oz	BUTTER	0	0
1 tablespoons		BUTTER ALTERNATIVE, LIGHT, STICK	0	0	1
1/2 oz		CHEESE SPREAD, BLUE CHEESE	0	0	1
1/2 oz		CHEESE SPREAD, GARDEN VEGETABLE	0	0	1
1 tablespoons		CREAM CHEESE ALTERNATIVE	0	0	1
1/2 oz		CREAM CHEESE, PLAIN, SOFT	0	0	1
3/4 oz		SOUR CREAM	0	0	1
Fats and Oils	1 teaspoons	COD LIVER OIL	0	0	1
	1 teaspoons	GRAPSEED OIL	0	0	1
	1/4 oz	MARGARINE, SOFT	0	0	1
	1/4 oz	MARGARINE, STICK, SOYBEAN	0	0	1
	1 tablespoons	VEGETABLE OIL SPREAD	0	0	1
Nuts and Seeds	1/4 oz	MACADAMIA NUT, DRY ROASTED, UNSALTED (BUSHNUT)	0	0	1
	1/4 oz	PECAN, DRIED	0	0	1
	1/4 oz	PINE NUT, PIGNOLIA, DRIED	0	0	1
















Free Foods (Uncategorized)

Category	Serving Size	Item	Points (Carbs)	Points (Protein)	Points (Fat)
Accompaniments	1 tablespoons	CATSUP/KETCHUP	0	0	0
	1 teaspoons	CREAMER, NONFAT, NONDAIRY	0	0	0
	1 tablespoons	FRUIT SPREAD, ALL FLAVORS, DIABETIC	0	0	0
	1 teaspoons	HORSERADISH, PREPARED	0	0	0
	1 tablespoons	JAM, JELLY & PRESERVES, SUGAR FREE	0	0	0
	1 tablespoons	MAYONNAISE, NONFAT	0	0	0
	1 teaspoons	MUSTARD, PREPARED, YELLOW	0	0	0
	1 tablespoons	PICKLE RELISH, DILL	0	0	0
	1 slice	PIMENTO, CANNED	0	0	0
	2 tablespoons	SALAD DRESSING, ITALIAN, NONFAT	0	0	0
	2 tablespoons	SALSA	0	0	0
	5 ml	SAUCE, RTS, PEPPER, TABASCO	0	0	0
	2 tablespoons	WHIPPED CREAM TOPPING, NONFAT	0	0	0
	1 teaspoons	WORCESTERSHIRE SAUCE	0	0	0
	Beverages	6 fl oz	COFFEE, BREWED, PREPARED	0	0
100 grams		DRINK, SUGAR FREE	0	0	0
1 cups		HERBAL TEA, BREWED	0	0	0
8 fl oz		ICED TEA MIX, SUGAR FREE	0	0	0
1 lemon-yield		LEMON JUICE, RAW	0	0	0
100 ml		TEA, BREWED W/DISTILLED WATER	0	0	0
Candy	1 piece	CHEWING GUM, SUGAR FREE	0	0	0
Ingredients	1 oz	APPLE CIDER VINEGAR	0	0	0
	1 tablespoons	BALSAMIC VINEGAR	0	0	0
Soup	100 grams	BROTH, BEEF, DEHYDRATED, CUBED W/WATER	0	0	0
	1 cups	VEGETABLE BROTH	0	0	0
Spices	1 teaspoons	GARLIC POWDER	0	0	0
Vegetables	1 clove	GARLIC, RAW	0	0	0







Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

Basic Guidelines

 Golf Ball ¼ cup 1 oz 2 tbsp	 Tennis Ball 1/3 cup	 Computer Mouse ½ cup	 Baseball 1 cup	 Rounded Handful ½ cup 1 oz dried goods
 Hockey Puck 3 oz muffin or biscuit	 Matchbox 1 oz serving of meat	 Deck of Cards 3 oz of chicken, meat, or fish	 Thin Paperback Book 8 oz serving of meat	 Thumb 1 tsp
 Poker Chip 1 tbsp	 Shot Glass 1 oz 2 tbsp	 CD 1 slice of bread 1 oz lunch meat	 3 Dice 1 ½ oz cheese	 Kids' School Milk Carton 8 oz drink

Useful Examples

 Bread & Grains 1 cup of cereal = 1 baseball ½ cup cooked rice = computer mouse ½ cup cooked paste = computer mouse 1 slice of bread = CD 3 cups of popcorn = 3 baseballs	 Fruits & Vegetables ½ cup grapes = about 16 grapes 1 cup of strawberries = about 12 berries 1 cup of salad greens = 1 baseball 1 cup cooked vegetables = 1 baseball 1 baked potato = computer mouse	 Meats, Fish & Nuts 3 oz lean meat or poultry = deck of cards 3 oz tofu = deck of cards 2 tbsp peanut butter = golf ball ¼ cup almonds = about 23 almonds ¼ cup pistachios = about 24 pistachios
 Dairy & Cheese 1 ½ oz cheese = stacked dice 1 cup yogurt = baseball ½ cup ice cream = computer mouse	 Fats & Oils 1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp oil or mayonnaise = poker chip	 Sweets & Treats 1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox