

Daily Meal Plans from 1200 to 2500 Calories

The menus below have from 1,200 calories to 2,500 calories — about 55 to 58 percent from carbohydrate, 19 to 23 percent from protein and 19 to 27 percent from fat.

Each day, plan your meals using the suggested servings from each food exchange or group:

1,200 calorie daily meal plan (includes 2 cups milk)(women only)

- 6 starch/bread exchanges
- 3 fruit exchanges
- 3 vegetable exchanges
- 2 milk/dairy exchanges (nonfat milk)
- 4 meat/protein exchanges (lean-medium fat)
- 2 fat exchanges

1,350 calorie daily food plan (includes 0-1/2 milk servings)

- 6 starch/bread exchanges
- 4 fruit exchanges
- 2 vegetable exchanges
- 2 milk/dairy exchanges (nonfat milk)
- 5 meat/protein exchanges (lean-medium fat)
- 3 fat exchanges

1,500 calorie daily food plan (includes 2 milk servings)

- 7 starch/bread exchanges
- 4 fruit exchanges
- 3 vegetable exchanges
- 2 milk/dairy exchanges (nonfat milk)
- 5 meat/protein exchanges (lean-medium fat)
- 4 fat exchanges

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1,700 calorie daily food plan (includes 0-1/2 milk servings)

- 9 starch/bread exchanges
- 5 fruit exchanges
- 3 vegetable exchanges
- 0-1/2 milk/dairy exchanges (1% milk)
- 7 meat/protein exchanges (lean-medium fat)

- 3 fat exchanges

1,900 calorie daily food plan (includes 1 milk serving)

- 10 starch/bread exchanges
- 6 fruit exchanges
- 2 vegetable exchanges
- 1 milk/dairy exchanges (1% milk)
- 8 meat/protein exchanges (lean-medium fat)
- 4 fat exchanges

2,100 calorie daily food plan (includes 1 milk serving)

- 11 starch/bread exchanges
- 6 fruit exchanges
- 4 vegetable exchanges
- 1 milk/dairy exchanges (1% milk)
- 8 meat/protein exchanges (lean-medium fat)
- 5 fat exchanges

2,300 calorie daily food plan (includes 0 milk servings)

- 13 starch/bread exchanges
- 7 fruit exchanges
- 4 vegetable exchanges
- 0 milk/dairy exchanges
- 7 meat/protein exchanges (lean-medium fat)
- 7 fat exchanges

2,500 calorie daily food plan (includes 0 milk servings)

- 13 starch/bread exchanges
- 8 fruit exchanges
- 5 vegetable exchanges
- 0 milk/dairy exchanges
- 9 meat/protein exchanges (lean-medium fat)
- 8 fat exchanges

Source: dietsite.com

www.SealOfFitness.com

“Building Strong, Lean, Healthy Bodies One Day at a Time”

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