

Weekly Menu Planner									
Servings/Exchanges			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal 1	Starch								
	Fruit								
	Milk								
	Vegetable								
	Meat								
	Fat								
Meal 2	Starch								
	Fruit								
	Milk								
	Vegetable								
	Meat								
	Fat								
Meal 3	Starch								
	Fruit								
	Milk								
	Vegetable								
	Meat								
	Fat								
Meal 4	Starch								
	Fruit								
	Milk								
	Vegetable								
	Meat								
	Fat								
Meal 5	Starch								
	Fruit								
	Milk								
	Vegetable								
	Meat								
	Fat								
Meal 6	Starch								
	Fruit								
	Milk								
	Vegetable								
	Meat								
	Fat								

Balance your meals and normalize your blood sugar through out the day by choosing from 4-5 different food groups at every meal and at least 2-3 food groups for snacks. First, fill in the number of servings next to each food group you will have at each meal or snack. *For example:* For breakfast if you have 2 Starch, 2 Fruit, 1 Low fat Milk, 1 Fat you *could* plan to have 1 cup cooked oatmeal , 1 banana, 1 cup low fat milk, and 4 walnut halves. See *The Pocket Personal Trainer, 2nd edition*, and *Daily Records* to learn how many calories and exchanges you need each day, sample menus, grocery shopping and meal planning tips, the food Exchange Lists and much more.

