

BREAKFAST

1 Meat or Dairy _____
 1 Starch _____
 1 Tea or Coffee _____

-or-

1 Granola Bar _____
 1 Tea or Coffee _____

MID-MORNING SNACK

1 Fruit _____
 1 Dairy _____

LUNCH

1 Meat or Dairy _____
 2 Low Starch Vegetables _____
 1 Starch _____
 1 Fat _____

-or-

Pre-packaged Lunch Meal/Soup _____
 2 Low Starch Vegetables or Salad _____

LUNCH

1 Meat or Dairy _____
 2 Low Starch Vegetables _____
 1 Starch _____
 1 Fat _____

-or-

Pre-packaged Lunch Meal/Soup _____
 2 Low Starch Vegetables or Salad _____

MID-AFTERNOON SNACK

1 Dessert, Sweet _____

-or-

1-2 100 Calorie Snacks _____

DINNER

3 Meat and/or Dairy _____
 1 Fruit or High Starch Vegetable _____
 Salad – Low Starch Vegies _____
 1 Starch _____
 2 Fat _____

-or-

1 Prepared (frozen) Meal _____
 1 Fruit or High Starch Vegetable _____
 Salad – Low Starch Vegies _____
 1 Fat _____
 1 Meat or Dairy _____
 1 Starch _____
 1 Tea or Coffee _____

-or-

1 Granola Bar _____
 1 Tea or Coffee _____

BREAKFAST

1 Meat or Dairy _____
 1 Starch _____
 1 Tea or Coffee _____

-or-

1 Granola Bar _____
 1 Tea or Coffee _____

MID-MORNING SNACK

1 Fruit _____
 1 Dairy _____

LUNCH

1 Meat or Dairy _____
 2 Low Starch Vegetables _____
 1 Starch _____
 1 Fat _____

-or-

Pre-packaged Lunch Meal/Soup _____
 2 Low Starch Vegetables or Salad _____

LUNCH

1 Meat or Dairy _____
 2 Low Starch Vegetables _____
 1 Starch _____
 1 Fat _____

-or-

Pre-packaged Lunch Meal/Soup _____
 2 Low Starch Vegetables or Salad _____

MID-AFTERNOON SNACK

1 Dessert, Sweet _____

-or-

1-2 100 Calorie Snacks _____

DINNER

3 Meat and/or Dairy _____
 1 Fruit or High Starch Vegetable _____
 Salad – Low Starch Vegies _____
 1 Starch _____
 2 Fat _____

-or-

1 Prepared (frozen) Meal _____
 1 Fruit or High Starch Vegetable _____
 Salad – Low Starch Vegies _____
 1 Fat _____
 1 Meat or Dairy _____
 1 Starch _____
 1 Tea or Coffee _____

-or-

1 Granola Bar _____
 1 Tea or Coffee _____

The above chart covers two days, print out as many pages as you need, and use with program described at: <http://www.happynutritionist.com/p/replacing-nutrisystem-with-your-own.html>

Remember, salad and low-starch veggies can be eaten freely...in fact so can any foods listed under "Free Foods" on the [Food Exchange List System](#)