

Daily Meals and Checklist:

Use Chart with program described at <http://squidoo.com/how-to-replace-nutrisystem-with-your-own-foods> Remember, Salad with low-starch veggies can be eaten freely, as can any foods on the "Free Foods" list. This page is a checklist for 2 days, print as many as you need.

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 _____

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 _____

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 _____

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 _____