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	BREAKFAST
1 Meat or Dairy	1 Meat or Dairy
1 Starch	1 Starch 1 Tea or Coffee
1 Tea or Coffee	-or-
1 Granola Bar	1 Granola Bar
1 Tea or Coffee	1 Tea or Coffee
MID-MORNING SNACK	MID-MORNING SNACK
1 Fruit	1 Fruit
1 Dairy	1 Dairy
LUNCH	LUNCH
1 Meat or Dairy	1 Meat or Dairy
2 Low Starch Vegetables	2 Low Starch Vegetables
1 Starch	1 Starch
1 Fat	1 Fat
Pre-packaged Lunch Meal/Soup	Pre-packaged Lunch Meal/Soup
2 Low Starch Vegetables or Salad	2 Low Starch Vegetables or Salad
MID-AFTERNOON SNACK	MID-AFTERNOON SNACK
1 Dessert, Sweet	1 Dessert, Sweet
-or-	-or-
1-2 100 Calorie Snacks	1-2 100 Calorie Snacks
DINNER	DINNER
3 Meat and/or Dairy	3 Meat and/or Dairy
1 Fruit or High Starch Vegetable	1 Fruit or High Starch Vegetable
Salad – Low Starch Vegies	Salad – Low Starch Vegies
1 Starch	1 Starch
2 Fat	2 Fat
-or-	-or-
1 Prepared (frozen) Meal	1 Prepared (frozen) Meal
1 Fruit or High Starch Vegetable	1 Fruit or High Starch Vegetable
Salad – Low Starch Vegies	Salad – Low Starch Vegies
1 Fat	1 Fat