

YOUR DAILY DIET WORKSHEET

INSTRUCTIONS

1. Find the **Protein Intake** number on the top right of your **Eating Guidelines** list (the list with color-coded food names). Divide it by 3. Enter this new number in the first box to the right of **GRAMS REQUIRED** found at the bottom left corner of this worksheet.
2. Find the **Carbohydrate Intake** number on your **Eating Guidelines** list. Divide it by 3. Enter this new number in the box to the right of the protein number you just entered.
3. Find the **Fat Intake** number on your **Eating Guidelines** list. Divide it by 3. Enter this new number to the right of the carbohydrate number you just entered.
4. Choose food items from your **Eating Guidelines** list that you would like to eat for breakfast. Be sure to use mostly green or purple, then blue food items. *Expand your thinking* – Diet therapy allows unusual selections. Enter these food item names in the long boxes located under **BREAKFAST FOOD ITEMS**.
5. Referring to your **Macronutrient Tables**, find the grams for each food item you have chosen and the serving size and enter the grams and the serving size in the appropriate boxes to the left and right of each food item. Repeat this process for **LUNCH, DINNER, SNACK** and **DESSERT** sections.
6. Add the gram numbers in each of the **BREAKFAST, LUNCH, DINNER, SNACK** and **DESSERT** columns. Write these new numbers in the boxes found at the bottom of each column.
7. Add each total from the **BREAKFAST GRAMS** boxes with the corresponding totals in the **MORNING SNACK GRAMS** boxes and enter them in the **BREAKFAST + SNACK GRAMS** boxes in the second row from the bottom. Repeat with the **LUNCH + SNACK** and **DINNER + DESSERT** sections.
8. Compare these totals with your **GRAMS REQUIRED**. Add or subtract food items or modify serving sizes to adjust meal calories with 10% of you're your **GRAMS REQUIRED**. **THIS IS YOUR DIET FOR ONE DAY**. Design several plans for each meal. Freely mix and match your meals for variety.

Serving Size	BREAKFAST FOOD ITEMS	Grams of Protein	Grams of Carbohydrate	Grams of Fat	Serving Size	LUNCH FOOD ITEMS	Grams of Protein	Grams of Carbohydrate	Grams of Fat	Serving Size	DINNER FOOD ITEMS	Grams of Protein	Grams of Carbohydrate	Grams of Fat
BREAKFAST GRAMS:					LUNCH GRAMS:					DINNER GRAMS:				

NOTE: Breads, bagels, cereals and pasta have approximately the same grams of protein, carbohydrate and fat as similar grains of the same weight.

MORNING SNACK ITEMS	AFTERNOON SNACK ITEMS	EVENING DESSERT ITEMS
MORNING SNACK GRAMS:	AFTERNOON SNACK GRAMS:	EVENING DESSERT GRAMS:
BREAKFAST + SNACK GRAMS:	LUNCH + SNACK GRAMS:	DINNER + DESSERT GRAMS:
GRAMS REQUIRED:	GRAMS REQUIRED:	GRAMS REQUIRED: