Meal Pattern

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches	6	90	12	6
Fruit	6	90	-	-
Vegetables	8	40	16	-
Milk				
Skim or 1%	3	36	24	0
2%				
4%				
Sweets/Other carbs	2	30	0	10
Meat/substitutes				
Plant-based proteins				
Lean	4	-	28	8
Med-fat				
High-fat				
Fat group	7	-	-	35
TOTAL (g)	xxx	286 g	80 g	59 g
% kcal	xxx	57%	16%	27%

Total kcal: 1,995 kcal

Meal Pattern for Breakfast

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches	2	30	4	2
Fruit	4	60	-	-
Vegetables				
Milk				
Skim or 1%	1	12	8	0
2%				
4%				
Other carbs				
Meat/substitutes				
Plant-based				
Lean				
Med-fat				
High-fat				
Fat group	2	-	-	10
TOTAL (g)	xxx	102 g	12 g	12 g

Meal Pattern for Lunch

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches	2	30	4	2
Fruit	2	30	-	-
Vegetables	4	20	8	-
Milk				
Skim or 1%	1	12	8	0
2%				
4%				
Other carbs				
Meat/substitutes				
Plant-based				
Lean	2	-	14	4
Med-fat				
High-fat				
Fat group	2	-	-	10
TOTAL (g)	xxx	92 g	34 g	16 g

Meal Pattern for Dinner

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches	2	30	4	2
Fruit				
Vegetables	4	20	8	-
Milk				
Skim or 1%	1	12	8	0
2%				
4%				
Other carbs	2	30	0	10
Meat/substitutes				
Plant-based				
Lean	2	-	14	4
Med-fat				
High-fat				
Fat group	3	-	-	15
TOTAL (g)	xxx	92 g	34 g	31 g