

MEAL PLAN SHEET

DIABETES CENTRE

TIME:														
CARBOHYDRATES <i>(GRAMS/CHOICES)</i>								TOTAL	CHO	PRO	FAT			
GRAINS & STARCHES														
FRUITS														
MILK & ALTERNATIVES														
OTHER CHOICES														
VEGETABLES														
MEAT & ALTERNATIVES														
FATS & OILS														
TOTAL KCAL								GRAMS						
								KCAL						
								%						

Additional Modifications: fat sodium fibre protein other: _____

Meal Plan Given: Beyond the Basics™ other: _____

Present for Instruction: alone spouse other: _____

INSTRUCTED (see checklist)

COMMENTS:

Signature: _____ Date: _____