



EthiCal
1200Cal Hi Carb
Diet Planner®

Instructions:

- Using the diet planner (right), plan your food choices for meals and snacks for **tomorrow**.
- When complete, print out the plan. Take the plan with you **tomorrow**.
- During the day, check off the foods eaten to keep track of what you've eaten.
- In the evening, plan your menu for the following day. For variety, make different choices from yesterday.

Skeleton Check:

Did you consume all of your milk exchanges today? Calcium is found mainly in dairy products and, along with weight bearing exercise, is essential for maintenance of bone strength.

Weight Loss Ready
Reackoner

There have been
0001683
visitors since 03.00am
Australian CST 16
November 2001.

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Menu for Wednesday ▾ **1200 Cals = 5000kJ**

Breakfast 2/3 cup Sultana Bran ▾
 1 slice wholemeal bread/toast ▾
 1/2 cup unsweetened fruit juice ▾
 200mls skim milk ▾
 2 tspn peanut butter ▾
 free foods - choose from.... ▾
 black coffee ▾

Morning tea 1 small orange ▾
 free foods - choose from.... ▾
 black coffee ▾

Lunch 1 slice wholemeal bread/toast ▾
 1 slice wholemeal bread/toast ▾
 1 starchy vege exchange - choose from.... ▾
 1 cup shredded lettuce ▾
 60g cooked lean meat ▾
 1 tspn butter/margarine ▾
 black tea ▾
 pepper as desired ▾

Afternoon tea 1/2 medium banana ▾
 low joule jellies ▾
 soda water ▾

Evening Meal 1/2 cup Rice, Cooked ▾
 1/2 cup rice/pasta (occasionally) ▾
 1/2 cup rice/pasta (occasionally) ▾
 1/2 cup broccoli ▾
 1 cup chinese cabbage ▾
 1 cup sliced/diced capsicum ▾
 60g cooked lean meat ▾
 60g cooked lean meat ▾
 100g natural or low fat yoghurt ▾
 1 tspn oil ▾
 1 tspn oil ▾
 garlic as desired ▾

Supper black coffee ▾
 free foods - choose from.... ▾