

Daily Meal Plan

Below are some guidelines for how many servings of each food group you should eat each day by calorie level. For weight loss, women generally need 1400-1600 calories per day and men generally need 1800-2000 calories per day. Depending on your activity level, you may need more or less. Your dietitian can work with you to individualize your calorie needs.

Food Group	Calories			
	1400	1600	1800	2000
Meat/Meat substitute	5	6	6	7
Dairy	3	3	3	3
Vegetable	4	4	4	4
Fruit	2	2	3	3
Starch	5	6	7	8
Fat	2	2	3	3