

Plan for the MEAL!

Every meal should be based on:

- Protein
- Green
- Complex Carbs
- Fats

- Side extras:
- Grains
 - Fruits
 - Sweets
 - Condiments
 - Seasonings

	Breakfast	Lunch	Dinner	Snacks (2)
Sun				
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				



Dr. Shelly Jones

803-771-9990 * www.drshellyjones.com * doc@drshellyjones.com