

Name: _____

TOPS CT 184 Newtown

Week of: _____

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
Breakfast							
Lunch							
Dinner							
Snacks							
Calories							
Exercise							
DAILY	SERVINGS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	SERVINGS
3-4 fruit							
4 veggies							
2 milk							
5 meat							
6 starch							
3 fats							
8 water							

***NOTE:** For 1500 Calories, use shaded exchanges, as well as the white.