HealthDY
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1300 CALORIE MEAL PLAN

A BALANCED DAILY MEAL GUIDE FOR HEALTHY LIVING

	Breakfast (350 Calories)	Snack 1 (100 Calories)	Lunch (400 Calories)	Snack 2 (150 Calories)	Dinner (300 Calories)
MONDAY	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g
TUESDAY	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g
WEDNESDAY	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g
THURSDAY	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g
FRIDAY	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g
SATURDAY	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g
SUNDAY	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g	• Calories: ___ • Protein: ___ g • Carbs: ___ g • Fats: ___ g