



One Day Meal Plan for



Scan Me!

_____'s Meal Plan

**Thank You for Requesting a Meal Plan
from Dietetic Wellness!**

**This Meal Plan, Including Digital Artwork, was
Created by Samantha Walton RDN MS Nutrition Using
Information You Submitted on the Google Sheets Survey**

**This Meal Plan is Meant to be a Guideline; Feel Free
to be Creative and Add or Subtract
Parts of Meals that You Feel like Changing**

**Adding Your own Changes will Alter the
Calorie Calculations; so Make Sure to Give
Yourself a Rough Estimate of How Many
Calories You're Adding Based Off of Your
Own Personal Changes to the Meal Plan**



_____’s Meal Plan

Diet Preferences

No Known Food Allergies was Reported on Google Sheets

Diet Prescription based on Medical History

Total Daily Calories Needed :

1 Day Calorie Goal for Safe Slow Weight loss :

Nutrients to Prioritize :



_____'s Meal Plan

Inspiration Photos!

Breakfast



_____’s Meal Plan

Inspiration Photos!

Lunch



_____'s Meal Plan

Inspiration Photos!

Dinner



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Food Preparation Advice

Health Promotional Cooking Oils :

Avoid Cross Contamination when Handling Raw Meat or Egg :

Defrosting Meat :

Pre-Cutting / Preparing Fresh Vegetables :

Buying Frozen / Canned Vegetables and Fruits :

Length of Safe Refrigeration Time for Cooked/Raw Meat :

Length of Safe Refrigeration Time for Cooked Meals :

Safe Cooking Temperatures of Meats :



_____’s Meal Plan

Foods to Avoid Completely
Based on Your Medical History

- asdad

Foods to Eat Less of
Based on Your Medical History

- asdad



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Remember that Treating Yourself to a Special Snack/Dessert is an Important Part of a Balanced Diet to Avoid Sugar Cravings that Occur After You have Deprived Yourself of Your Favorite Foods for a Long Period of Time!

Meal Planning is a Journey; Allow Yourself to try New Recipes, Fall in Love with New Favorite Foods, and Give Your Taste Buds Time to Adjust to Meals/Snacks that are Lower in Salt/Sugar!

A circular logo with a dark, textured center and a light blue border. The text "Dietetic Wellness" is written in white, bold, sans-serif font.

**Dietetic
Wellness**

_____’s Meal Plan

Calorie Counting

Breakfast

Portion Size :

Total Calories :

Lunch

Portion Size :

Total Calories :

Dinner

Portion Size :

Total Calories :



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Links to Inspiring Recipes!

Breakfast :

Lunch :

Dinner :





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Take Your own
Handwritten Notes**



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Total Calories :

Lunch

Portion Size :

Total Calories :

Dinner

Portion Size :

Total Calories :



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Breakfast :

Lunch :

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