

MENOPAUSE MAKEOVER DAILY MEAL PLAN

GOAL: 40% protein; 35% Carbs; 25% Fats per serving	TOTALS				
	CALORIE	PROTEIN	CARBS	FAT	FIBER
BREAKFAST					
Time: _____ (Eat within one hour of waking.) List foods below					
LUNCH					
Time: _____ List foods below					
AFTERNOON SNACK					
Time: _____ List foods below					
DINNER					
Time: _____ List foods below					
EVENING SNACK					
Time: _____ (Eat 2 hours before bedtime.) List foods below					
TOTALS FOR THE DAY					

FOOD SERVINGS

FOOD	SERVINGS PER DAY	PORTION SIZE
Protein	5-6	Size of your palm
Carbs	3-5	1 slice or 1.2 cup
Fruits	2-5	med., ½ cup chopped, ½ cup juice
Vegetables	3-5	1 cup raw or ½ cup cooked
Fats	5-6	Size of your thumb
Dairy	2, nonfat	½ cup
Protein snacks	1-2 per day	Power bar or shake, protein powder
Water	6-8	8 fluid ounces
Coffee	Less than 2	1 cup
Alcohol	Less than 6 ounces	

SUPPLEMENTS CHECKLIST

CALCIUM (600 mg two times a day)	VITAMIN D (400 IU two times a day)	MULTIVITAMIN
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____

DAILY CALORIES CONSUMED

FOOD
CALORIES



EXERCISE
CALORIES



ACTIVITY
CALORIES



DAILY CALORIES
CONSUMED
