

No-Fad Diet

Menu Planner

Date: _____

Calorie Level Goal: _____

	Recipe or Item	Calories
Breakfast		
	Total breakfast calories:	

Snack		
	Total snack calories:	

Lunch		
	Total lunch calories:	

Snack		
	Total snack calories:	

Dinner		
	Total dinner calories:	

TOTAL Daily Calories: _____