



CREATE

Your (a) TWL and (b) Intake Level

How much should you be eating?

(a) Complete the following calculations:

Your RMR = current weight x 11 =

..... x 11 =

Your MC = RMR + 400 =

..... + 400 =

Your TWL = MC - 600 =

..... - 600 =

(b) Circle your Intake Level, then reference the Levels Table on page 36 and record in this table how many servings of each Category you should include in your daily meal plan.

- Intake Level A, TWL = 1200 - 1300
- Intake Level B, TWL = 1400 - 1599
- Intake Level C, TWL = 1600 - 1799
- Intake Level D, TWL = 1800+

Your food categories	Your servings
Primary vegetables (V1)	
Secondary vegetables/ grains (V2)	
Lean proteins (LP)	
Fresh fruits (FF)	
Healthy fats (HF)	

PLAN

Your meal plan

Meal/Snack	Servings of each category	Meal ideas and pre-cooking notes
	
	
	
	
	
	
	