

The California *Wine* Country Diet

The California Wine Country Diet Daily Meal Plan Form

	Plan A	Plan B	Plan C
Pleasure Foods	180 calories <input type="checkbox"/>	240 calories <input type="checkbox"/>	300 calories <input type="checkbox"/>
Low/Nonfat Dairy	2 servings <input type="checkbox"/> <input type="checkbox"/>	2 servings <input type="checkbox"/> <input type="checkbox"/>	3 servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Lean Meat/Beans	3 servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	5 servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	5.5 servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Nuts or Seeds	1 serving <input type="checkbox"/>	1 serving <input type="checkbox"/>	2 servings <input type="checkbox"/> <input type="checkbox"/>
Plant Oils	3 servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	5 servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Vegetables	3+ servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4+ servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	5+ servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fruits	2 servings <input type="checkbox"/> <input type="checkbox"/>	2 servings <input type="checkbox"/> <input type="checkbox"/>	3 servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Whole Grains	4 servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	5 servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	5 servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Meal #1 Breakfast

Today's date:

Meal #2 Morning Snack

Meal #3 Lunch

Meal #4 Afternoon Snack

Meal #5 Dinner

Pleasure Foods (Plan A = 180 Calories, Plan B = 240 Calories, Plan C = 300 Calories)

5 Star Rating — Rate how you feel you did overall today in regard to each aspect of the Wheel of Weight-Management, from 1 (the lowest) to 5 (the highest):

Nutrition _____ Physical Activity _____ Practicality _____
 Pleasure _____ Relationships _____ Variety _____

Photocopy this form or download it from www.CaliforniaWineCountryDiet.com.