30-DAY DIABETIC MEAL PLAN

1	2	3	4			
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MY DAILY TARGETS

- Carbohydrate:_____ grams per day (_____ servings)
- Protein:_____ grams per day (_____ servings)
- Fat:_____ grams per day (_____ servings)
- Calories:_____

NOTES

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WATER

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