

# 1200 Calorie Cornerstone Plan



**BREAKFAST**

Cornerstone Shake Powder ..... 2 scoops  
 Dairy (Milk or Almond Milk) .... 1 exchange  
 Fruit..... 1 exchange  
 MetAssist ..... 1 tablet  
 OmegaHealth..... 2 softgel

**SNACK** Fruit..... 1 exchange

**LUNCH**

Cornerstone Shake Powder ..... 2 scoops  
 Dairy (Milk or Almond Milk) .... 1 exchange  
 Protein ..... 2 exchange  
 Vegetable..... 1 exchange  
 Fat (mayo)..... 1 exchange  
 MetAssist ..... 1 tablet

**SNACK** Fat ..... 1 exchange

**DINNER**

Protein ..... 3 exchange  
 Vegetable..... 1 exchange  
 Starch..... 1 exchange  
 MetAssist ..... 1 tablet

2 Cornerstone Shakes Plus:

<b>Total Daily Exchanges</b>	<b>Protein</b>	<b>Dairy</b>	<b>Fruit</b>	<b>Vegetables</b>	<b>Starch</b>	<b>Fat</b>
<b>4</b>	<b>5</b>	<b>2</b> (in shakes)	<b>2</b>	<b>2</b>	<b>1</b>	<b>2</b>