

1400 Calorie Cornerstone Plan

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

BREAKFAST



Fruit..... 1 exchange

SNACK



Cornerstone Shake Powder 2 scoops
 Dairy (Milk or Almond Milk) 1 exchange
 Protein 3 exchange
 Vegetable..... 1 exchange
 Starch..... 1 exchange
 Fat 1 exchange
 MetAssist 1 tablet

LUNCH



Fat 2 exchange

SNACK



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

DINNER



2 Cornerstone Shakes Plus:

Total Daily Exchanges	Protein	Dairy	Fruit	Vegetables	Starch	Fat
	6	2	2	2	2	2
		(in shakes)				