

1600 Calorie Cornerstone Plan



BREAKFAST

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



SNACK Fruit..... 1 exchange
 Dairy..... 1 exchange



DINNER

Protein 5 exchange
 Vegetable..... 2 exchange
 Fat 1 exchange
 Starch..... 2 exchange
 MetAssist 1 tablet

2 Cornerstone Shakes Plus:

Total Daily Exchanges

Protein
8

Dairy
3
(2 from shakes)

Fruit
3

Vegetables
3

Starch
3

Fat
2