



Eating
Recovery
Center



Pathlight
Mood &
Anxiety
Center

Boost Plus Supplementation



2oz

90% meal complete
(1 exch left)

4oz

75% meal complete
(2 exch left)

6oz

50% meal complete
(3 exch left)

8oz

33% meal complete
(4 exch left)

10oz

25% meal complete
(5 exch left)

12oz

0-25% meal complete
(6 exch left)

14oz

see indiv. plan
(7exch left)

16oz

see indiv. plan
(8exch left)

GUIDELINES FOR MEALS:

Count 3 PROTEINS as 2 EXCHANGES

Count 2 FATS as 1 EXCHANGE

GUIDELINES FOR SNACKS:

Snack List A = 2 exchanges (4oz)

Snack List B = 4 exchanges (8oz)

Snack List C = 8 exchanges (16oz)