

KEEP TRACK OF WHAT YOU EAT EVERY DAY!

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	FOOD	FOOD	FOOD	FOOD	FOOD	FOOD	FOOD
SNACK	_____	_____	_____	_____	_____	_____	_____
BREAKFAST	_____	_____	_____	_____	_____	_____	_____
SNACK	_____	_____	_____	_____	_____	_____	_____
LUNCH	_____	_____	_____	_____	_____	_____	_____
SNACK	_____	_____	_____	_____	_____	_____	_____
DINNER	_____	_____	_____	_____	_____	_____	_____
SNACK	_____	_____	_____	_____	_____	_____	_____
PROTEIN	_____	_____	_____	_____	_____	_____	_____
TOTAL	_____	_____	_____	_____	_____	_____	_____

MILK PRD.
 EGGS
 PROTEIN
 GRN. VEG.
 VEGETABLES
 GRAINS
 VIT. C SOURCE
 FATS
 FRUITS
 WATER/Fluids to
 thirst

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 PROTEIN
 GRN. VEG.
 VEGETABLES
 GRAINS
 VIT. C SOURCE
 FATS
 FRUITS
 WATER/Fluids to
 thirst

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ALSO EACH WEEK INCLUDE:

A YELLOW OR ORANGE-COLORED FRUIT OR VEGETABLE
 LIVER
 WHOLE BAKED POTATO