

Healthy Eating Planner

Personal Information

Name: Adam
Height: 6 ft 4 inches
Weight: 175 lbs
BMI: 21.3

Your Goal

Improve fitness and muscle tone

Your Plan

I will buy more locally grown food that is in season by
start a garden.

I will save money on my food bill by
buying items in bulk and repackaging in smaller containers at home.

I will be more physically active by
Cycle - 60 minutes per day - 6 days per week

Current Food Intake

Food Group	Recommendation	Actual Intake
Dairy	3 cups	0.5 cup
Vegetables	3.5 cups	4 cups
Fruits	2 cups	0.5 cup

Grain	9 servings	7 servings
Protein	6.5 ounces	10+ ounces
Extra Calories	N/A	0.5 serving

New Food Choices

I will add Grains by adding Bread for Lunch .

I will add Fruits by adding Banana for Breakfast .

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