

Keep Track of What You Eat Every Day!

Name: _____

Wk of _____
/ _____

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

	Food	PC	Food	PC	Food	PC	Food	PC	Food	PC	Food	PC	Food	PC
Snack														
Breakf.														
Snack														
Lunch														
Snack														
Dinner														
Snack														

Total Protein

Dairy Prod. ☐☐☐☐
 Eggs ☐☐
 Protein ☐☐
 Green Veg ☐☐
 Veggies ☐
 Grains ☐☐☐☐
 Vit C Source ☐
 Fats ☐☐☐
 Fruits ☐
 H2O-64oz min ☐
 Also each week include:

☐☐☐☐
☐☐
☐☐
☐☐
☐
☐☐☐☐
☐
☐☐☐
☐
☐
☐

Yellow or Orange Colored Fruit or Vegetable ☐☐☐☐

☐☐☐☐
☐☐
☐☐
☐☐
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☐☐☐☐
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☐☐☐
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☐☐☐☐
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☐☐
☐☐
☐☐
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☐☐☐☐
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☐☐☐
☐
☐
☐

Liver ☐

☐☐☐☐
☐☐
☐☐
☐☐
☐☐
☐
☐☐☐☐
☐
☐☐☐
☐
☐
☐

Whole Baked Potato ☐☐☐

☐☐☐☐
☐☐
☐☐
☐☐
☐☐
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☐☐☐☐
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