



Carbohydrates

☒

☒

☐

☐

☐

☐

6/d

—

+

Fruits & Vegetables

☒

☐

☐

☐

☐

5/d

—

+

Dairy

☒

☐

☐

3/d

—

+

Protein

☒

☐

☐

3/d

—

+

Fat

☐

Food Item

1/d

—

+

Journal Entry

+

