Meal	Monday Food	Pro.Ct.	Tuesday Food	Pro.Ct.	Wednesday Food	Pro.Ct.	Thursday Food	Pro.Ct.	Friday Food	Pro.Ct.	Saturday Food	Pro.Ct.	Sunday Food	Pro.Ct.
Breakfast														
Snack														
Lunch														
Snack														
Dinner														
Snack														
Nutrition Total														
Relaxation Exercise														

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
milk products ❑❑❑❑	milk products ❑❑❑❑	milk products ❑❑❑❑	milk products ❑❑❑❑	milk products ❑❑❑❑	milk products ❑❑❑❑	milk products ❑❑❑❑
eggs ❑❑	eggs ❑❑	eggs ❑❑	eggs ❑❑	eggs ❑❑	eggs ❑❑	eggs ❑❑
protein ❑❑	protein ❑❑	protein ❑❑	protein ❑❑	protein ❑❑	protein ❑❑	protein ❑❑
green veggie ❑❑	green veggie ❑❑	green veggie ❑❑	green veggie ❑❑	green veggie ❑❑	green veggie ❑❑	green veggie ❑❑
other veggie ❑	other veggie ❑	other veggie ❑	other veggie ❑	other veggie ❑	other veggie ❑	other veggie ❑
grains ❑❑❑❑	grains ❑❑❑❑	grains ❑❑❑❑	grains ❑❑❑❑	grains ❑❑❑❑	grains ❑❑❑❑	grains ❑❑❑❑
vit c source ❑	vit c source ❑	vit c source ❑	vit c source ❑	vit c source ❑	vit c source ❑	vit c source ❑
fats ❑❑❑	fats ❑❑❑	fats ❑❑❑	fats ❑❑❑	fats ❑❑❑	fats ❑❑❑	fats ❑❑❑
fruits ❑	fruits ❑	fruits ❑	fruits ❑	fruits ❑	fruits ❑	fruits ❑
H_2O ❑❑❑❑❑❑❑❑	H_2O ❑❑❑❑❑❑❑❑	H_2O ❑❑❑❑❑❑❑❑	H_2O ❑❑❑❑❑❑❑❑	H_2O ❑❑❑❑❑❑❑❑	H_2O ❑❑❑❑❑❑❑❑	H_2O ❑❑❑❑❑❑❑❑

Also during the week include: yellow or orange fruit or vegetable ❑❑❑❑❑
whole baked potato ❑❑❑