

	Friday	Protein Count	Saturday	Protein Count	Sunday	Protein Count	Monday	Protein Count	Tuesday	Protein Count	Wednesday	Protein Count	Thursday	Protein Count
Meal														
Breakfast														
Snack														
Lunch														
Snack														
Dinner														
Snack														
Protein Total														

- |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Milk Product | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Milk Product | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Milk Product | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Milk Product | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Milk Product | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Milk Product | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Milk Product | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Milk Product |
| <input type="checkbox"/> Eggs  | <input type="checkbox"/> Eggs  | <input type="checkbox"/> Eggs  | <input type="checkbox"/> Eggs  | <input type="checkbox"/> Eggs  | <input type="checkbox"/> Eggs  | <input type="checkbox"/> Eggs  | <input type="checkbox"/> Eggs  |
| <input type="checkbox"/> Protein   | <input type="checkbox"/> Protein   | <input type="checkbox"/> Protein   | <input type="checkbox"/> Protein   | <input type="checkbox"/> Protein   | <input type="checkbox"/> Protein   | <input type="checkbox"/> Protein   | <input type="checkbox"/> Protein   |
| <input type="checkbox"/> Leafy Green   | <input type="checkbox"/> Leafy Green   | <input type="checkbox"/> Leafy Green   | <input type="checkbox"/> Leafy Green   | <input type="checkbox"/> Leafy Green   | <input type="checkbox"/> Leafy Green   | <input type="checkbox"/> Leafy Green   | <input type="checkbox"/> Leafy Green   |
| <input type="checkbox"/> Veggies   | <input type="checkbox"/> Veggies   | <input type="checkbox"/> Veggies   | <input type="checkbox"/> Veggies   | <input type="checkbox"/> Veggies   | <input type="checkbox"/> Veggies   | <input type="checkbox"/> Veggies   | <input type="checkbox"/> Veggies   |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grains       | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grains       | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grains       | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grains       | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grains       | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grains       | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grains       | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grains       |
| <input type="checkbox"/> Vit. C  | <input type="checkbox"/> Vit. C  | <input type="checkbox"/> Vit. C  | <input type="checkbox"/> Vit. C  | <input type="checkbox"/> Vit. C  | <input type="checkbox"/> Vit. C  | <input type="checkbox"/> Vit. C  | <input type="checkbox"/> Vit. C  |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fats                                  | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fats                                  | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fats                                  | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fats                                  | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fats                                  | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fats                                  | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fats                                  | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fats                                  |
| <input type="checkbox"/> Fruits  | <input type="checkbox"/> Fruits  | <input type="checkbox"/> Fruits  | <input type="checkbox"/> Fruits  | <input type="checkbox"/> Fruits  | <input type="checkbox"/> Fruits  | <input type="checkbox"/> Fruits  | <input type="checkbox"/> Fruits  |
| <input type="checkbox"/> Water to thirst   | <input type="checkbox"/> Water to thirst   | <input type="checkbox"/> Water to thirst   | <input type="checkbox"/> Water to thirst   | <input type="checkbox"/> Water to thirst   | <input type="checkbox"/> Water to thirst   | <input type="checkbox"/> Water to thirst   | <input type="checkbox"/> Water to thirst   |
| <input type="checkbox"/> Salt to taste   | <input type="checkbox"/> Salt to taste   | <input type="checkbox"/> Salt to taste   | <input type="checkbox"/> Salt to taste   | <input type="checkbox"/> Salt to taste   | <input type="checkbox"/> Salt to taste   | <input type="checkbox"/> Salt to taste   | <input type="checkbox"/> Salt to taste   |

Yellow or orange fruits and vegetables (5X/week)