

	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														

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|--|--|--|--|--|--|--|--|
| <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 |
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| <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)