

Date: \_\_\_\_\_ Week: \_\_\_\_\_

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
Water □□□□□□□□ Milk □□ Fruit □□□ Vegetables □□□ or more Protein □□□□□□ Bread □□ Fat □□□ Optional Calories: _____	Water □□□□□□□□ Milk □□ Fruit □□□ Vegetables □□□ or more Protein □□□□□□ Bread □□ Fat □□□ Optional Calories: _____	Water □□□□□□□□ Milk □□ Fruit □□□ Vegetables □□□ or more Protein □□□□□□ Bread □□ Fat □□□ Optional Calories: _____	Water □□□□□□□□ Milk □□ Fruit □□□ Vegetables □□□ or more Protein □□□□□□ Bread □□ Fat □□□ Optional Calories: _____	Water □□□□□□□□ Milk □□ Fruit □□□ Vegetables □□□ or more Protein □□□□□□ Bread □□ Fat □□□ Optional Calories: _____	Water □□□□□□□□ Milk □□ Fruit □□□ Vegetables □□□ or more Protein □□□□□□ Bread □□ Fat □□□ Optional Calories: _____	Water □□□□□□□□ Milk □□ Fruit □□□ Vegetables □□□ or more Protein □□□□□□ Bread □□ Fat □□□ Optional Calories: _____