	Friday		Saturday		Sunday		Monday		Tuesday		Wednesday		Thursday	
		Protein	-	Protein Count		Protein Count		Protein Count		Protein Count		Protein Count		Protein Count
Meal														
Breakfast														
Snack														\square
Lunch														
Snack														
Dinner														
														\vdash
Snack														
Silack														\vdash
Protein Total														
	□□□□ Milk Product		□□□□Milk Product		□□□□Milk Product		□□□□ Milk Product		□□□□Milk Product		□□□□Milk Product		□□□□Milk Product	

□□□□ Milk Product	□□□□Milk Product	□□□□Milk Product	□□□□ Milk Product	□□□□Milk Product	□□□□Milk Product	□□□□Milk Product
□□ Eggs	□□ Eggs	□□ Eggs	□□ Eggs	□□ Eggs	□□ Eggs	□□ Eggs
□□ Protein	□□ Protein	□□ Protein	□□ Protein	□□ Protein	□□ Protein	□□ Protein
□□ Leafy Green	□□ Leafy Green	□□ Leafy Green	□□ Leafy Green	□□ Leafy Green	□□ Leafy Green	□□ Leafy Green
□ Veggies	□ Veggies	□ Veggies	□ Veggies	□ Veggies	□ Veggies	□ Veggies
□□□□ Grains	□□□□ Grains	□□□□ Grains	□□□□ Grains	□□□□ Grains	□□□□ Grains	□□□□ Grains
□ Vit. C	□ Vit. C	□ Vit. C	□ Vit. C	□ Vit. C	□ Vit. C	□ Vit. C
□□□ Fats	□□□ Fats	□□□ Fats	□□□ Fats	□□□ Fats	□□□ Fats	□□□ Fats
□ Fruits	□ Fruits	□ Fruits	□ Fruits	□ Fruits	□ Fruits	□ Fruits
□ Water to thirst	□ Water to thirst	□ Water to thirst	 Water to thirst 	□ Water to thirst	□ Water to thirst	□ Water to thirst
□ Salt to taste	□ Salt to taste	□ Salt to taste	□ Salt to taste			

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