

Week of:

M	T	W	R	F	S	Su
.: breakfast .:	.: breakfast .:	.: breakfast .:	.: breakfast .:	.: breakfast .:	.: breakfast .:	.: breakfast .:
.: lunch .:	.: lunch .:	.: lunch .:	.: lunch .:	.: lunch .:	.: lunch .:	.: lunch .:
.: dinner .:	.: dinner .:	.: dinner .:	.: dinner .:	.: dinner .:	.: dinner .:	.: dinner .:
.: food .:	.: food .:	.: food .:	.: food .:	.: food .:	.: food .:	.: food .:
water △△△△△△△△ vitamins △ whole grains △△△△△△ legumes/soy △△△ vegetables △△△△△△△△△△ fruits △△△△ nuts/seeds △ veggie oils △△ dairy △△ eggs ▲	water △△△△△△△△ vitamins △ whole grains △△△△△△ legumes/soy △△△ vegetables △△△△△△△△△△ fruits △△△△ nuts/seeds △ veggie oils △△ dairy △△ eggs ▲	water △△△△△△△△ vitamins △ whole grains △△△△△△ legumes/soy △△△ vegetables △△△△△△△△△△ fruits △△△△ nuts/seeds △ veggie oils △△ dairy △△ eggs ▲	water △△△△△△△△ vitamins △ whole grains △△△△△△ legumes/soy △△△ vegetables △△△△△△△△△△ fruits △△△△ nuts/seeds △ veggie oils △△ dairy △△ eggs ▲	water △△△△△△△△ vitamins △ whole grains △△△△△△ legumes/soy △△△ vegetables △△△△△△△△△△ fruits △△△△ nuts/seeds △ veggie oils △△ dairy △△ eggs ▲	water △△△△△△△△ vitamins △ whole grains △△△△△△ legumes/soy △△△ vegetables △△△△△△△△△△ fruits △△△△ nuts/seeds △ veggie oils △△ dairy △△ eggs ▲	water △△△△△△△△ vitamins △ whole grains △△△△△△ legumes/soy △△△ vegetables △△△△△△△△△△ fruits △△△△ nuts/seeds △ veggie oils △△ dairy △△ eggs ▲