

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 ▲