

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week _____ Wgt: _____ lbs							
6-10 glasses of water	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww
6 servings of grain	GGGGGG	GGGGGG	GGGGGG	GGGGGG	GGGGGG	GGGGGG	GGGGGG
4-6 vegetable (3 raw)	VVVVVV	VVVVVV	VVVVVV	VVVVVV	VVVVVV	VVVVVV	VVVVVV
3 fruits	F F F	F F F	F F F	F F F	F F F	F F F	F F F
peas, beans, lentils							
nuts							
yogurt and cheese							
olive oil/butter							
meat (4 oz serving)	poultry	fish	poultry	fish	poultry	fish	red meat
egg		egg		egg		egg	
Week _____ Wgt: _____ lbs							
6-10 glasses of water	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww
6 servings of grain	GGGGGG	GGGGGG	GGGGGG	GGGGGG	GGGGGG	GGGGGG	GGGGGG
4-6 vegetable (3 raw)	VVVVVV	VVVVVV	VVVVVV	VVVVVV	VVVVVV	VVVVVV	VVVVVV
3 fruits	F F F	F F F	F F F	F F F	F F F	F F F	F F F
peas, beans, lentils							
nuts							
yogurt and cheese							
olive oil/butter							
meat (4 oz serving)		fish	poultry	fish	poultry	fish	red meat
egg		egg		egg		egg	
Week _____ Wgt: _____ lbs							
6-10 glasses of water	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww
6 servings of grain	GGGGGG	GGGGGG	GGGGGG	GGGGGG	GGGGGG	GGGGGG	GGGGGG
4-6 vegetable (3 raw)	VVVVVV	VVVVVV	VVVVVV	VVVVVV	VVVVVV	VVVVVV	VVVVVV
3 fruits	F F F	F F F	F F F	F F F	F F F	F F F	F F F
peas, beans, lentils							
nuts							
yogurt and cheese							
olive oil/butter							
meat (4 oz serving)	poultry	fish	poultry	fish	poultry	fish	red meat
egg		egg		egg		egg	
Week _____ Wgt: _____ lbs							
6-10 glasses of water	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww
6 servings of grain	GGGGGG	GGGGGG	GGGGGG	GGGGGG	GGGGGG	GGGGGG	GGGGGG
4-6 vegetable (3 raw)	VVVVVV	VVVVVV	VVVVVV	VVVVVV	VVVVVV	VVVVVV	VVVVVV
3 fruits	F F F	F F F	F F F	F F F	F F F	F F F	F F F
peas, beans, lentils							
nuts							
yogurt and cheese							
olive oil/butter							
meat (4 oz serving)	poultry	fish	poultry	fish	poultry	fish	red meat
egg		egg		egg		egg	
Week _____ Wgt: _____ lbs							
6-10 glasses of water	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww	wwwwwwwww
6 servings of grain	GGGGGG	GGGGGG	GGGGGG	GGGGGG	GGGGGG	GGGGGG	GGGGGG
4-6 vegetable (3 raw)	VVVVVV	VVVVVV	VVVVVV	VVVVVV	VVVVVV	VVVVVV	VVVVVV
3 fruits	F F F	F F F	F F F	F F F	F F F	F F F	F F F
peas, beans, lentils							
nuts							
yogurt and cheese							
olive oil/butter							
meat (4 oz serving)	poultry	fish	poultry	fish	poultry	fish	red meat
egg		egg		egg		egg	