



- 3 Vegetable
- 4 Protein
- 2 Fruit
- 2 Carb/Secondary Vegetable
- 1 Healthy Fats
- 1 Seeds/Dressings
- 2 Oils/Nut Butters

1200-1399

Calories

- Vegetable= 1 cup
- Protein= ¼ cup
- Fruit=1 cup **
- Carb/SV= ½ cup
- HealthyFat/Nuts= 1/3cup
- Seeds/Dressings= 2Tbsp
- Oil/Butters=1Tsp

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Supper							
Snack #1							
Snack #2							

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Goals: Personal/Self Love- _____

Nutrition Goal: _____

Activity Goal: _____

