



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

**1500-1799**

**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
<b>Breakfast</b>							
<b>Lunch</b>							
<b>Supper</b>							
<b>Snack #1</b>							
<b>Snack #2</b>							

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Goals: Personal/Self Love- \_\_\_\_\_

Nutrition Goal: \_\_\_\_\_

Activity Goal: \_\_\_\_\_

