



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

1800-2099

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: _____

