



- 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= ¾ 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>							

[www.coachterradawn.com](http://www.coachterradawn.com)

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

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

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

