

**WEEK**

|                        | SU                       | M                        | T                        | W                        | T                        | F                        | SA                       |
|------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| LEAFY GREEN VEGETABLES | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| OTHER VEGETABLES       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| WHOLE GRAINS           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| BERRIES                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                          |                          |                          |                          |
| NUTS                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                          |                          |
| Seafood                | <input type="checkbox"/> |                          |                          |                          |                          |                          |                          |
| Poultry                | <input type="checkbox"/> | <input type="checkbox"/> |                          |                          |                          |                          |                          |
| Beans / Legumes / Tofu | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                          |                          |                          |

**LIMIT**

|                           | S                        | M                        | T                        | W                        | T                        | F                        | S                        |
|---------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| WINE 1 glass              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sweets / candy / sugar    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                          |                          |
| Red meat / processed meat | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                          |                          |                          |
| Fried foods               | <input type="checkbox"/> |                          |                          |                          |                          |                          |                          |
| Cheese                    | <input type="checkbox"/> |                          |                          |                          |                          |                          |                          |
| Butter / margarine        | <input type="checkbox"/> |                          |                          |                          |                          |                          |                          |