

Week of:	Weight:	Goal:
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ADULT RECOMMENDATIONS:

Whole Grains-5-7 oz.; Vegetables-2-3 cups; Fruits-1 ½-2 cups; Dairy-3 cups; Protein-5-6 ½ oz.; Oils-5-7 teaspoons

ACTIVITY: 60-90 minutes each day

Day/Date:
Breakfast:
Snack:
Lunch:
Snack:
Dinner:
Activity:

Day/Date:
Breakfast:
Snack:
Lunch:
Snack:
Dinner:
Activity:

Day/Date:
Breakfast:
Snack:
Lunch:
Snack:
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