

Date:

Date:

Breakfast:	Fiber (8-10gm) <input type="checkbox"/>	Breakfast:	Fiber (8-10gm) <input type="checkbox"/>
	Wholesome (unprocessed) <input type="checkbox"/>		Wholesome (unprocessed) <input type="checkbox"/>
	350 cal max <input type="checkbox"/>		350 cal max <input type="checkbox"/>
Lunch:	Low Starch Veg (aim for 2+ cups) <input type="checkbox"/>	Lunch:	Low Starch Veg (aim for 2+ cups) <input type="checkbox"/>
	Protein (1 serving) <input type="checkbox"/>		Protein (1 serving) <input type="checkbox"/>
	Fats (2 servings max) <input type="checkbox"/>		Fats (2 servings max) <input type="checkbox"/>
PM Snack:	Wholesome 175 cal max	PM Snack:	Wholesome 175 cal max
Dinner:	Low Starch Veg (aim for 2+ cups) <input type="checkbox"/>	Dinner:	Low Starch Veg (aim for 2+ cups) <input type="checkbox"/>
	Protein (1 serving) <input type="checkbox"/>		Protein (1 serving) <input type="checkbox"/>
	Fats (2 servings max) <input type="checkbox"/>		Fats (2 servings max) <input type="checkbox"/>
Anytime Snack:	Low Starch Veg	Anytime Snack:	Low Starch Veg
Flexi-Snack (optional) :	Wholesome 175 cal max	Flexi-Snack (optional) :	Wholesome 175 cal max

Exercise: _____

Water: _____

Exercise: _____

Water: _____