

FOOD JOURNAL

FOR TRACKING AND MINDFUL EATING



Created by: **Merisa Martinez,**
Registered Dietitian

Welcome to Your Food & Wellness Journal

Created by **Merisa Martinez, MS, RD – Registered Dietitian**

This journal was thoughtfully designed to help you build balanced habits through food, movement, and mindful self-care – without perfection or pressure. You'll find simple, practical tools that support your goals and help you stay consistent, all guided by the MyPlate model.

Inside, you'll find:

- Daily food tracking pages based on the MyPlate format, to help you visualize and balance your meals
- Snack ideas and guidance on how to pair foods for longer-lasting energy (especially focusing on fiber and protein)
- Nutrition label tips that show what to look for when grocery shopping – including fiber, protein, added sugars, and sodium
- Hydration tracker to help you meet your water goals each day
- Physical activity check-ins, with a goal of 60 minutes a day of any kind of movement that feels good for your body

This isn't about eating "perfectly" – it's about creating awareness and making small choices that add up over time. Use this journal to reflect, learn what works for you, and stay curious along the way.

Let's get started!



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MY PLATE METHOD

What Does Balanced Look Like?

Throughout this book, you will use the MyPlate model to track and reflect on your eating habits. MyPlate is a simple visual guide that helps you build balanced meals by dividing your plate into fruits, vegetables, grains, protein, and dairy. It isn't a diet—just an easy, practical way to think about healthy eating at every meal.



PORTION CUES

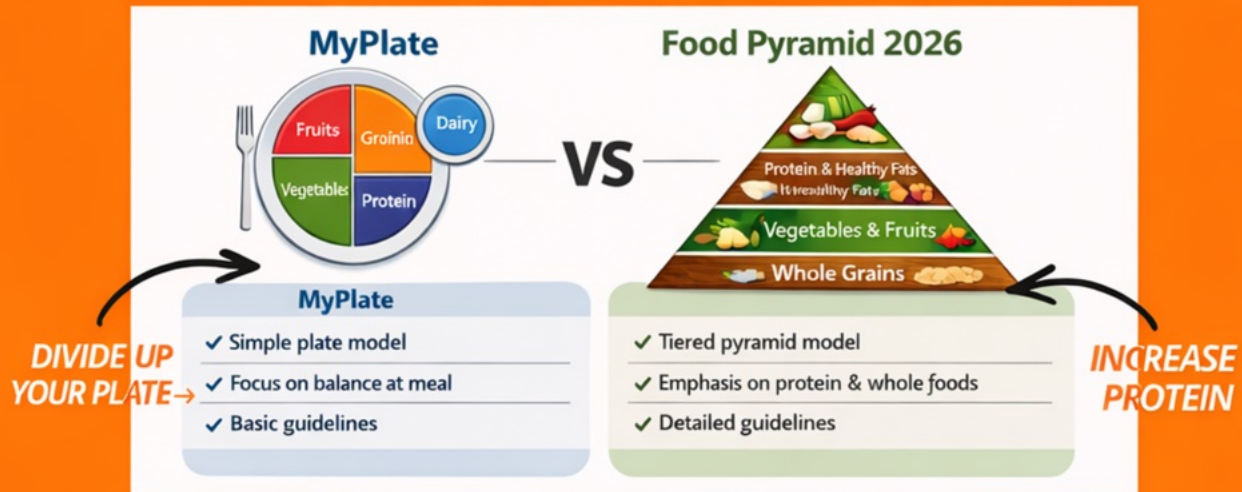
- **Protein** = palm of your hand
- **Grains** = cupped handful
- **Veggies** = 1-2 fists
- **Dairy** = 1 fist
- **Dairy** = Aim of a tennis ball (cheese) or small glass (milk)

CALORIE & SODIUM RECOMMENDATIONS:

- **Meals:** Aim for ~500-550 kcals per meal, <600mg sodium
- **Snacks:** Aim for ~200-250 kcals, <250mg sodium per snack



UPDATED 2026 DIETARY GUIDELINES



KEY DIFFERENCES:

Structure

- **MyPlate:** Basic plate model
- **Food Pyramid 2026:** Tiered food pyramid

Protein

- **MyPlate:** General protein focus
- **Food Pyramid 2026:** Higher protein targets (=1.2-1.6g/kg/day)

Carbohydrates

- **MyPlate:** Refined & whole grains
- **Food Pyramid 2026:** Emphasis on whole grains

Fats

- **MyPlate:** Limit saturated fats
- **Food Pyramid 2026:** Encourage healthy fats (olive oil, nut, seeds)

2026 Nutrition Guidelines focus on nutrient-dense whole foods, balanced protein intake, whole grains, fruits and vegetables, healthy fats, and mindful portions for long-term health.



Increase Protein Intake



Prioritize Whole Grains



Include Healthy Fats



Focus on Whole Foods

NUTRITION LABEL

Nutrition Facts

1 serving per container 1 bar (52g)

Amount per serving

Calories 210

% Daily Value*

Total Fat 10g 13%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 240mg 10%

Total Carbohydrate 22g 8%

Dietary Fiber 4g 14%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 12g 18%

Vit. D 0mcg 0% • Calcium 40mg 3%

Iron 2mg 10% • Potassium 450mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

TIP:



IF YOUR SNACK IS LOW IN FIBER OR PROTEIN, TRY PAIRING IT WITH SOMETHING THAT OFFERS MORE OF THOSE NUTRIENTS. FOR EXAMPLE, IF YOU'RE HAVING A GRANOLA BAR (<5G FIBER), TRY PAIRING IT WITH FRESH FRUIT OR VEGGIES. THIS HELPS KEEP YOU FULLER LONGER AND GIVES YOUR BODY MORE BALANCED FUEL.

Understanding **Macronutrients**

Macronutrients are the nutrients your body needs in larger amounts to provide energy and support overall health. There are **three main macronutrients**:

CARBOHYDRATES

Body's Main Source of Energy

- **Found in:**
Grains, fruits, vegetables, and sweets
- Provides quick fuel for your body

PROTEIN

BUILDS & REPAIRS MUSCLES

- **Found in:**
Meat, eggs, beans, and nuts
- Helps with growth and tissue repair

FATS

ESSENTIAL for CELL FUNCTION

- **Found in:**
Nuts, avocados, oils, and cheese
- Supports brain and hormone health



Why do we need **macronutrients**?



Gives you **ENERGY**



Supports **MUSCLE GROWTH**



Keeps your **BRAIN & HEART Healthy**

Protein.. what is it?

LEAN PROTEINS

- Skinless Chicken Breast
- Turkey Breast
- Fish (tuna, cod, etc.)
- Egg Whites
- Low-Fat Cottage Cheese
- Beans & Lentils



HIGHER-FAT PROTEINS

- Fatty cuts of Beef
- Sausages & Bacon
- Full-Fat Cheese
- Fried Foods



Did You Know? Protein is Super Important!

Protein is a nutrient that helps **build**, **repair**, and **maintain** the tissues in our bodies, including muscles, organs, and skin. Eating enough protein is important because:



- It helps our muscles grow and stay strong



- It boosts our immune system to help us stay healthy



- It is needed for kids to grow properly

What does 20–25 grams of protein look like?



4 oz Grilled Chicken



1 can Tuna & Crackers



Greek Yogurt + Almonds



3 oz Salmon + Veggies



Cottage Cheese & Berries



Protein Shake with Milk



1/2 Cup Edamame & String Cheese



Cooked Shrimp + Hummus



1/2 Cup Black Beans & 1 Boiled Egg

Why Protein is Important



• Builds and repairs muscles



• Supports immune function



• Essential for growth and development

HOW TO SNEAK IN MORE PROTEIN THROUGH THE DAY!

Simple ways to boost your protein intake without overthinking it!

BREAKFAST BOOSTERS



Add eggs to your toast, oatmeal, or breakfast wrap
(6g protein, 0g fiber per egg)



Stir in Greek yogurt or cottage cheese into your smoothie or oatmeal.
(15g protein, 0g fiber per $\frac{1}{2}$ cup)



Sprinkle chia seeds, hemp seeds, or flaxseeds on your cereal or yogurt.
(5g protein, 10g fiber per 2 tbsp chia seeds)



Add a spoonful of peanut butter to toast, fruit, or a smoothie.
(4g protein, 1g fiber per tbsp)

HOW TO SNEAK IN MORE PROTEIN THROUGH THE DAY!

Simple ways to boost your protein intake without overthinking it!

LUNCH & DINNER PROTEIN HACKS



Add beans or chickpeas to soups, salads, pasta, or grain bowls.

(7g protein, 6g fiber per ½ cup)



Toss tofu or tempeh into stir-fries, salads, or wraps.

(10g protein, 1g fiber per 3oz tofu)



Sprinkle cheese on top of dishes like roasted veggies or sandwiches.

(7g protein, 0g fiber per 1oz cheese)



Choose lean meats, fish, or chicken as a main ingredient.

(25g protein, 0g fiber per 3oz chicken breast)



Swap white rice for quinoa for an extra protein punch.

(8g protein, 5g fiber per 1 cup cooked)

HOW TO SNEAK IN MORE PROTEIN THROUGH THE DAY!

Simple ways to boost your protein intake without overthinking it!

SNACK SMARTER



Pair apple slices with almond or peanut butter for a filling snack.

(6g protein, 4g fiber per apple with 1 tbsp nut butter)



Grab a cheese stick or Greek yogurt for quick protein.

(7g protein, 0g fiber per cheese stick)



Blend a protein smoothie with milk, yogurt, and seeds.

(Varies, ~20g protein, 3g fiber per serving)



Try a handful of nuts and dark chocolate for a nutrient-packed snack.

(6g protein, 3g fiber per 1oz almonds with dark chocolate)

HOW TO SNEAK IN MORE PROTEIN THROUGH THE DAY!

Simple ways to boost your protein intake without overthinking it!

EASY SWAPS FOR MORE PROTEIN



Milk → ***Protein-fortified milk or soy milk***

(8g protein, 1g fiber per cup)



Regular pasta → ***Chickpea or lentil pasta***

(13g protein, 6g fiber per 2oz serving)



Crackers → ***Whole-grain crackers with hummus***

(6g protein, 3g fiber per cup)



Mashed potatoes → ***Mashed cauliflower with Greek yogurt***

(6g protein, 3g fiber per cup)

DIETITIAN APPROVED PROTEIN POWDERS

No gums, fillers, natural flavors, & third-party tested.



Protein shakes & powders should be **used as needed.** While protein powders are a convenient option for people on the go, busy at work, or running errands, they shouldn't be relied on for quick diets. Remember, you still need **real food!**



Real food is essential, but protein shakes can be helpful for those busy at work, on the go, or running errands.

They're **not a solution for quick diets!**



CARBS

WHAT IS A CARB?

Carbohydrates are an important source of energy, supporting brain function, physical activity, and metabolism. Choosing complex carbs offers added benefits because they provide more fiber, vitamins, and minerals that support digestion, heart health, and blood sugar balance. It's also okay to include simple carbs in your diet – the goal isn't perfection, but moderation. For optimal health, aim to include more complex carbs in your diet most of the time. Simple carbs can still fit in moderation (about 2–3 days per week), especially when you're mindful of portion sizes.

COMPLEX CARBS



Nutrient-Dense & Fiber-Rich

COMPLEX CARBS

- ✓ # WHOLE GRAINS
- ✓ # BEANS & LENTILS
- ✓ # FRUITS & VEGETABLES

VS.

SIMPLE CARBS



Refined & High-Sugar

SIMPLE CARBS

- # SUGARY FOODS
- # WHITE BREAD
- # SWEETS & TREATS

WHAT DOES 1 SERVING of CARBS LOOK LIKE?

While carbs are a key energy source, it's smart to watch portions for balanced nutrition & blood sugar control.

1 SERVING ≈ 130 CALORIES



1/2 REGULAR
BAGEL



1 FULL BAGEL
THIN



2 LOW-CARB
TORTILLAS




2 SMALL CORN
TORTILLAS



3/4 CUP
COOKED QUINOA



1/2 CUP
COOKED
OATMEAL

Restricting carbs can be helpful for faster weight loss, but  cutting them completely could impact hormones, thyroid, energy levels, and future progress.

Carbs:
fueling brains and
breaking diet culture
since forever.

FAT

WHY IS FAT IMPORTANT FOR US?

Fat is needed to provide our bodies with enough energy, helping to insulate the body and protect our organs. It is recommended that 20-35% of our total calories come from fat, with only 10% to come from saturated fats. The two kinds of fats are unsaturated and saturated fat. Saturated fats can contribute to plaque buildup in the arteries and can lead to high cholesterol. Saturated fats are typically solid at room temperature and come from animals. Unsaturated fats help protect our heart, regulate our cholesterol levels, are anti-inflammatory, and are important for our brain health.

Unsaturated fats are typically liquid at room temperature and come from plants.

UNSATURATED FATS:



Sources of unsaturated fats include fatty fish, nuts, seeds, olive and avocado oil, and nut butters

Sources of saturated fats include pork, processed meats, pastries, full fat dairy, butter, ghee, & fried foods.

Saturated fat consumption should be limited

SATURATED FATS:



OMEGA 3's VS OMEGA 6's

Whats the difference?

OMEGA-3

Anti-Inflammatory

Omega-3s can reduce inflammation and support heart and brain health.



✓ OMEGA-3 SOURCES

- ✓ Fatty fish (salmon, tuna, sardines)
- ✓ Walnuts and flaxseeds
- ✓ Chia seeds
- ✓ Fish oil and flaxseed oil

VS.

OMEGA-6

Pro-Inflammatory

Omega-6s, if eaten in excess, can increase inflammation and lead to health issues.



✓ OMEGA-6 SOURCES

- Vegetable oils (corn, soy, sunflower)
- Fried foods
- Mayonnaise
- Chips and snack foods



Aim for less than
twice a week

Finding Balance with Your Favorite Foods

Helpful guideline:

- Stick to **1 serving** at a time
- Aim to keep it to **2 servings or less per day**
- Aim for **less than 4 days per week**



1 OZ. (13 CHIPS)

120 CALORIES

8g FAT



1 1/8 OZ. (~17 CHIPS)

120 CALORIES

3g FAT



CHALLENGE YOURSELF!

Try to stick with a
HANDFUL (~6) CHIPS
per serving!

You'll feel **more full** and **satisfied** if
you pair them with your meals
or other nutritious foods.



You've got this!



Tips for Portion Control & Satisfaction

Tips for portion control & satisfaction:

- ✓ Pair your serving of chips with your meal.



- ✓ Add fruit or something high in protein to make it a more satisfying snack.



- ✓ Keep chip leftovers out of sight.

Tips for portion control & satisfaction:

- ✓ Practice mindful eating. Slow down while eating and take deep breaths in between bites if you notice you're eating fast.

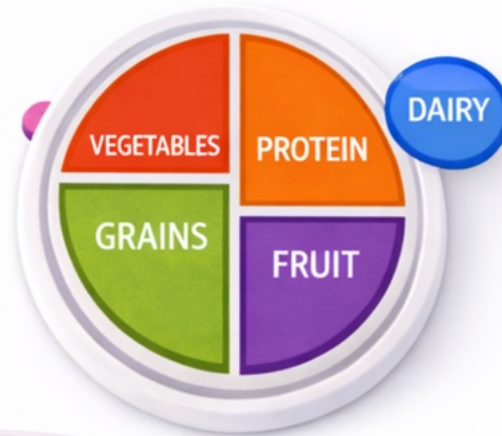


! **Note:** It's perfectly alright to have a handful of chips if you like something crunchy! While chips aren't part of the MyPlate method, it's all about portion control and balance. Enjoy in moderation alongside your balanced meal!

MYPLATE WITH HALF A WRAP

Challenge yourself:

If you get two halves, try to save the other half for later!



! **Note:** It's perfectly alright to have a handful of chips if you like something crunchy! While chips aren't part of the MyPlate method, it's all about portion control and balance. Enjoy in moderation alongside your balanced meal!

MYPLATE WITH HALF A BURGER

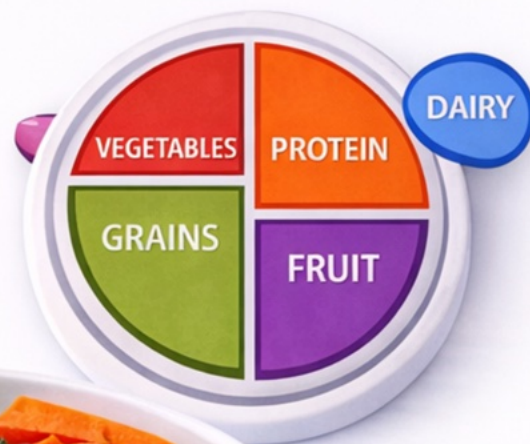


Tip:

If the burger is on the smaller side, it's okay to eat the whole thing.

! **Note:** It's perfectly OK to have sauces because food is also about pleasure! Just be careful with the portion sizes so you're not overdoing it. An appropriate portion would be about 1/4 cup to 1/2 cup.

MYPLATE WITH CHICKEN ALFREDO



Tip:

If the pasta portion is larger than usual, try saving some for leftovers



! Note: Pancakes are a classic breakfast choice, and it's okay to enjoy them because food can be fun! Keep in mind it's about balance and portion control. Aim for a moderate-sized pancake and accompany it with eggs and fruit for a balanced start to your day!

MYPLATE BREAKFAST



Tip:

Moderation is key!
Stick to one moderate-sized pancake, serve with eggs and fruit. Syrup is okay! A portion is about ~2 oz (¼ cup)
Enjoy it mindfully.



! Note: English muffin breakfast sandwiches like an Egg McMuffin are a great choice for a balanced breakfast. You can make them at home, buy them frozen, or if you're eating on the go, McDonald's Egg McMuffin is a classic option. Aim for one served with fruit to start your day right!

MYPLATE BREAKFAST



Tip:

Moderation is key!
Stick to one Egg McMuffin,
serve with fruit.
It's tasty, satisfying,
and balanced.
Enjoy it mindfully.

DIETITIAN
APPROVED

! **Note:** Breakfast tacos are a fantastic, protein-rich choice for a balanced breakfast! Make them at home or get them out. For the most balanced option, fill your taco with extra protein, like scrambled eggs and beans, and add lots of sautéed veggies such as peppers and onions. It's a tasty, portable way to your day right! start your day right!

MYPLATE BREAKFAST



Tip: If you're eating out, you can always ask for extra eggs on the side. You can even add a side of avocado to help fill you up. The goal is to eat one filling taco!



CHICKEN WINGS TIPS!

Make **balanced** choices!

Eat 5 chicken wings with half the plate coming from celery and carrots.



Tip:

Pair your wings with a generous serving of veggies instead of fries, chips, or cheesy appetizers. Feel more full and eat with extra nutrients and fiber.

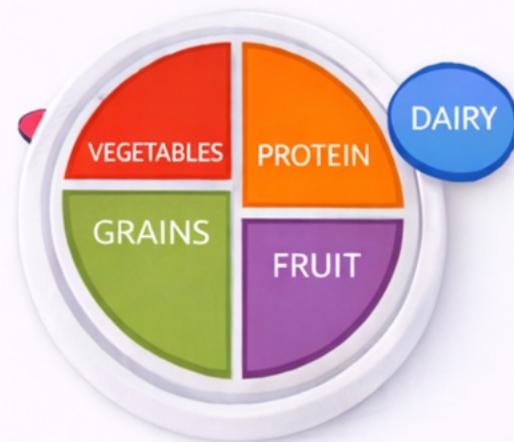
You've got this!

! Note: Two slices of pizza can be a perfectly reasonable serving! Challenge yourself to add veggies on top to include extra fiber and balance it out.

MYPLATE WITH PIZZA

Challenge yourself:

Add veggies to your pizza like peppers, onions, tomatoes, mushrooms, or spinach!



Recommended portion: 2 slices

! Note: A 6-inch sub can be a satisfying, balanced meal! Make it at home or get it out. For the most balanced option, choose lean protein like grilled chicken or turkey, load it with lots of colorful veggies, and go easy on the creamy sauces. It's an easy, delicious way to stay on track!

MYPLATE SUB



Tip:

If you're ordering out, go for whole wheat bread if it's an option. Ask for extra veggies, and see if you can add avocado to your sub. Balance is key for a nutritious sub!



DIETITIAN APPROVED COFFEE CREAMERS

- ✓ Gum free
- ✓ Seed oil free
- ✓ Less added sugars



GREAT OPTIONS FOR YOUR MORNING BREW!



LIGHTER SPRING STARBUCKS DRINKS



Iced Ube Coconut Macchiato
size: tall
skim or almond milk
1 pump coconut
Light cold foam
~150 kcal



Toasted Coconut Cream Cold Brew
size: tall
1 pump SF vanilla
Light cold foam
~70 kcal



Iced Lavender Cream Chai
size: tall
skim or almond milk
1 pump chai
Light cold foam
~160 kcal



Iced Lavender Cream Matcha
size: tall
skim or almond milk
1 pump lavender
Light cold foam
~150 kcal



Iced Banana Bread Matcha
size: tall
skim or almond milk
1 pump brown sugar
Light cold foam
~150 kcal



Iced Double Berry Matcha
size: tall
skim or almond milk
1 pump SF vanilla + raspberry
Light cold foam
~120 kcal

THE IMPORTANCE OF FIBER

Fiber is a type of carbohydrate that your body can't digest, but it plays a powerful role in your health. It helps keep your digestion on track, supports heart health, and keeps you feeling full longer—**making it easier to maintain balanced eating habits.**

FIBER IS NATURALLY FOUND IN:

Fruits
(e.g., apples, berries, pears)



Vegetables
(e.g., broccoli, carrots, leafy greens)



Whole grains
(e.g., brown rice, oats, whole wheat bread)



These are all key food groups in the MyPlate method, which encourages you to fill your plate with a variety of nutrient-rich foods—many of which are excellent sources of fiber.

Aim to include fiber-rich foods at every meal to support energy, digestion, and long-term wellness.

ALL ABOUT FIBER

WHAT IS FIBER? WHERE IS IT FOUND?

Fiber is a type of indigestible carbohydrate, that is found in plants such as fruits, vegetables, whole grains, legumes, nuts and seeds. The 2 types of fiber are soluble and insoluble and they benefit us in different ways.

RECOMMENDED INTAKE:

It is recommended to consume 14 grams for every 1,000 calories we eat. It's recommended to consume **21-25 grams** per day for **women**, and **30-38 grams** per day for **men**.

SOLUBLE FIBER

- Helps decrease LDL cholesterol, also known as the "bad" cholesterol, by acting as a sponge that binds to the cholesterol and fat in your food.
- May help to lower blood pressure
- Helps with diarrhea because it helps to absorb water
- Helps control blood sugar levels, which can help reduce the risk of diabetes.
- Helps to slow digestion, preventing spikes in blood glucose levels and keeping you satisfied for longer.
- **Oats, quinoa, barley, brown rice, popcorn**
- **Avocado, broccoli, carrots, green beans, kale, sweet potato, brussels sprouts, spinach**
- **Apples, bananas, berries, oranges, pears, bananas**
- **Black beans, peas, lentils, peas, Chickpeas**
- **Almonds, chia seeds, peanuts, pumpkin seeds, flaxseeds**

INSOLUBLE FIBER

- Does not absorb water but adds bulk to your stool by pulling in water to your stool, making it softer and easier to pass with less strain.
- Helpful for constipation.
- May lower the risk of colorectal cancer by eliminating waste.
- **Quinoa, sweet potatoes, wheat bran, brown rice, amaranth**
- **Cauliflower, Brussels sprouts, green peas, spinach, kale, carrots, asparagus, cabbage, bell peppers**
- **Raspberries, figs, blackberries, apples, pear, strawberries, oranges.**
- **Lentils, pinto beans, soybeans, kidney beans**
- **Almonds, pine nuts, pistachios, peanuts, sesame seeds, sunflower seeds**
- **NOTE: Lots of the insoluble fiber come from the seeds and skins of fruit. You won't get as much insoluble fiber if you peel the skin.**

TIPS TO INCORPORATE MORE FIBER DAILY

- Incorporate veggies into each meal, and eat them first.
- Opt for whole grains, for example instead of white bread/pasta try whole grain pasta/bread.
- Snack on fruit, nuts and seeds or beans such as crunchy chickpeas.
- Add fruits and veggies as toppings for example, add berries on top of oatmeal or cereal, or add veggies to your pasta sauce.
- Be mindful of the nutrition facts label if you don't know where to start.
- Avoid peeling the skins of fruits and veggies, this adds more fiber and nutrients.

When looking at the nutrition facts label, **2.5 grams** of fiber per serving is considered a **good** source of fiber while **5+ grams** of fiber is considered **high and recommended**

Nutrition Facts

Serving Size 100 g	
Amount Per Serving	
Calories 250	Calories from fat 10
% Daily Value*	
Total Fat 4%	4%
Saturated Fat 1.5%	4%
Trans Fat	
Cholesterol 50mg	28%
Sodium 150mg	15%
Total Carbohydrate 10g	3%
Dietary Fiber 5g	
Sugars 3g	
Protein 16%	
Vitamin A 1% • Vitamin C 3%	
Calcium 2% • Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

WHAT IS FIBER?

Fiber is a type of indigestible carbohydrate found in fruits, vegetables, grains, and legumes.

 Soluble Fiber  Insoluble Fiber

RECOMMENDED INTAKE:

Aim for **25-30 g** per day for adults.


* It's g effer whole not supplements.





SOLUBLE FIBER

May help lower cholesterol and sugar levels

Fibers:

 Oats

 Beans


 Fruits





INSOLUBLE FIBER

• Adds digestive bulk and helps to stool

Found it:

 Whole Grains

 Vegetables

 Nuts & Seeds



TIPS FOR GETTING MORE FIBER

1. Eat more fruits, vegetables, whole grains, legumes, nuts, and seeds.
2. Gradually increase fiber intake and shink pleety of water.



What Does **25g** of Fiber Look Like?

1 cup raspberries
— (~8g) —

½ cup black beans
— (~7-8g) —

1 cup broccoli
— (~5g) —

1 Tbsp chia seeds
— (~5g) —

YES! YOU CAN EAT THIS MUCH IN A DAY!

Amp up your health, one day at a time.

What Does **25g** of Fiber Look Like?

1/2 cup pinto beans
— (~6-7g) —

1 medium pear
— (~5-6g) —

1/4 cup almonds
— (~4g) —

3/4 cup oats
— (~6-7g) —

No need to count out grams—just estimate, know what 25g looks like, and do your best. We can't be perfect!

FOODS WITH FIBER CHEAT SHEET



1 CUP Cooked OATMEAL (Rolled oats)

4 grams of fiber



1 CUP BROWN RICE

3.5 grams of fiber



1 CUP Cooked BARLEY

6 grams of fiber



1 CUP QUINOA

5 grams of fiber



3 CUPS POPCORN

3.5 grams of fiber



1/2 AVOCADO

4.5 grams of fiber



1 CUP Cooked BROCCOLI

5 grams of fiber



1 CUP CARROTS

3.5 grams of fiber



1 SWEET POTATO

6 grams of fiber



1 APPLE

4.5 grams of fiber



1 BANANA

3 grams of fiber



1 PEAR

6 grams of fiber



1/2 CUP BLACK BEANS

7.5 grams of fiber



1 CUP Cooked LENTILS

16 grams of fiber



1 TBSP CHIA SEEDS

4 grams of fiber



1/2 CUP Cooked CHICKPEAS

6 grams of fiber



1 HANDFUL OF ALMONDS

3.5 grams of fiber

FOODS WITH FIBER CHEAT SHEET



1 CUP RASPBERRIES
8g of fiber



1 MEDIUM ARTICHOKE
7g of fiber



1 CUP GREEN PEAS
9g of fiber



1 CUP BLACKBERRIES
8g of fiber



1 CUP STRAWBERRIES
3g of fiber



1 MEDIUM FIG
(fresh)
1.5g of fiber



1 CUP RAISINS
5g of fiber



1 CUP SPINACH
(cooked)
4g of fiber



**1 CUP BRUSSELS
SPROUTS**
(cooked)
6g of fiber



1 CUP BEETS
(cooked)
4g of fiber



1 CUP CORN
(cooked)
4g of fiber



**1 MEDIUM BAKED
POTATO**
(with skin)
4g of fiber



1 CUP FARRO
(cooked)
5g of fiber



**1 OZ SUNFLOWER
SEEDS**
3g of fiber

FOODS WITH FIBER CHEAT SHEET



1 OZ PISTACHIOS
3g fiber



1 OZ PUMPKIN SEEDS
2g of fiber



1 CUP POMEGRANATE SEEDS
7g of fiber



1 CUP SWISS CHARD
(cooked)
4g of fiber



1 CUP TURNIP GREENS
(cooked)
5g of fiber



1 CUP ZUCCHINI
(cooked)
2.5g of fiber



1 CUP ASPARAGUS
(cooked)
3.5g of fiber



1 CUP CAULIFLOWER
(cooked)
3.5g of fiber



1 MEDIUM PERSIMMON
6g of fiber



1 CUP DATES
(chopped)
12g of fiber



1 CUP SHREDDED COCONUT
(unsweetened)
7g of fiber



1 CUP DARK CHOCOLATE
(70-85% cocoa)
11g of fiber



1 CUP DRIED APRICOTS
9g of fiber



1 MEDIUM MANGO
5g of fiber

FOODS WITH PROTEIN CHEAT SHEET



4 oz cooked chicken breast

~35 grams of protein



4 oz salmon

20-25 grams of protein



4 oz cooked shrimp

~25 grams of protein



4 oz of canned tuna

~20 grams of protein



4 oz pork tenderloin

~30 grams of protein



1 cup plain greek yogurt

25 grams of protein



1/2 cup cottage cheese

13 grams of protein



4 oz firm tofu

8-10 grams of protein



8oz Fairlife milk

13 grams of protein



1/4 cup Hemp seeds

15 grams of protein



1 tbsp peanut butter

5 grams of protein



1/4 cup chia seeds

10 grams of protein



1/2 CUP BLACK BEANS

7.5 grams of protein



1 CUP LENTILS

18 grams of protein



1 cup peeled edamame

18 grams of protein



1/2 CUP CHICKPEAS

8 grams of protein



1/2 cup almonds

~15 grams of protein

FOODS WITH FIBER CHEAT SHEET



1 OZ PISTACHIOS
3g fiber



1 OZ PUMPKIN SEEDS
2g of fiber



1 CUP POMEGRANATE SEEDS
7g of fiber



1 CUP SWISS CHARD
(cooked)
4g of fiber



1 CUP TURNIP GREENS
(cooked)
5g of fiber



1 CUP ZUCCHINI
(cooked)
2.5g of fiber



1 CUP ASPARAGUS
(cooked)
3.5g of fiber



1 CUP CAULIFLOWER
(cooked)
3.5g of fiber



1 MEDIUM PERSIMMON
6g of fiber



1 CUP DATES
(chopped)
12g of fiber



1 CUP SHREDDED COCONUT
(unsweetened)
7g of fiber



1 CUP DARK CHOCOLATE
(70-85% cocoa)
11g of fiber



1 CUP DRIED APRICOTS
9g of fiber



1 MEDIUM MANGO
5g of fiber

Enjoying Alcohol Mindfully

Note: For optimal health, it's recommended to limit alcohol to 2 drinks per day, no more than 3 days a week.

Better Drink Choices:



Light Beer



Wine



Wine Spritzer



Vodka Soda


- Up to 1-2 drinks per day
- No more than 3 days a week
- Hydrate between drinks



Reminder: This is general information. Consult your healthcare provider for personal advice.

Daily Water Intake

RECOMMENDATIONS



Drink about
2 tumblers
of water a day. 
~80 oz total (approx.)

-  Keep a water bottle with you throughout the day.
-  Aim for pale yellow urine.

You may need more depending on activity level, climate, or medications.

Reminder: This is general information. Consult your healthcare provider for personal advice.

BALANCED SNACKS

WHAT SHOULD A BALANCED SNACK HAVE?

Eating every 3 hours can help you feel satisfied throughout the day and prevent overeating. Balanced snacks are **approx. 200-250 calories**. This is what that looks like. **No need to count calories**, just have an idea of what that looks like!



FRUIT



VEGETABLES



WHOLE GRAINS



PROTEIN



DAIRY

SNACK PAIRINGS



Yogurt cup (5oz) + fruit



Trail mix with unsalted nuts + dried fruit



Sliced veggies + Ranch dip



Cheese + whole grain crackers



Hummus (+2oz) + veggies



2 hard boiled eggs + fruit



Fruit with nut butter



Beef jerky + nuts



Popcorn (2 cups) + veggies



Energy bites (2) + 1 fruit



Chia pudding (5-6 oz)



Oatmeal with fruit

MINDFUL EATING TIPS:



Listen to your body's hunger and fullness cues.



Choose nourishing, whole foods that make you feel good.



Enjoy your snacks without guilt or stress.

BALANCED SNACKS



Hard boiled eggs (2) + 1 fruit



Plain Greek yogurt + berries + granola



Low-fat Cheese stick + whole grain crackers + berries



Hummus + veggies



Trail mix with low sodium + dried fruit with no added sugar + nuts/seeds with 1/2 cup of fruit



Overnight oats topped with fruit



Grapes + Gronola



2 cups popcorn + 1 fruit



Rice cake + peanut butter + sliced bell peppers



Whole grain crackers + cheese + Cucumbers



Nutri Grain bar + fresh fruit



Peanut butter + low added sugar jelly/jam pinwheels on whole grain tortilla

BALANCED SNACKS



5 Triscuits, 1 tbsp peanut butter + 1/2 an Orange



PB & J Rollup: 1 whole wheat tortilla, 1 tbsp peanut butter, 1 tbsp jam + 1 fruit



Oatmeal Bar + apple



5 Triscuits, 1 boiled egg, 1 cup fruit



1 cup frozen grapes + 1/4 cup of mixed nuts



1/2 chicken salad wrap



Low-fat Cheese stick + whole grain crackers + berries



Whole wheat toast with 2 tbsp peanut butter

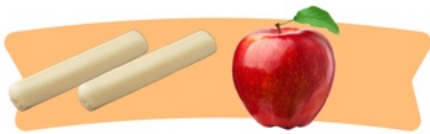


Bowl baby carrots with 1/2 cup hummus



Smoothie: 1 banana, 1 cup frozen strawberries, 3/4 cup yogurt, 1/4 cup milk

BALANCED SNACKS



1 String Cheese + 1 Apple, or
1 cup of fruit of choice



Handful of almonds + 1 pear



1/2 Cup Cottage cheese + 1
Cup Fruit



1 cup of sliced veggies such as
carrots, broccoli, bell peppers
with 2 tbsp hummus



Smoothie with 1 cup low
fat Milk, 1 cup of fruit +
chia seeds



1/3 cup Oats in 1 cup Almond
milk and 1/2 cup of fruit



1 Banana + 1 Tbsp Peanut Butter



1 Granola bar + 1 Cup of fruit



8 Wheat Thins + 1 Wedge of
Light Laughing cow cheese
+ 1 Cup Berries



1/2 Pita Bread + 2 Tbsp Hummus



1 cup of yogurt with granola and 1/2 cup fruit



BALANCED SNACKS



1 cup popcorn + 1 cup fruit



1 cup chia pudding + 1/4 cup fruit



Beef jerky stick + 1 orange



Cucumber spears + 1/4 cup guacamole



1 oz Lox + 2 tbsp cream cheese + mini bagel



1/2 cup of pretzels + 1 cup cheese



1/4 cup edamame, 1 fruit, 1/4 cup nuts or seeds



1 piece whole wheat toast + 1 tbsp peanut butter + 1/2 cup fruit



4 Dates stuffed with 1 tbsp peanut butter + 1 tbsp nuts



2 cubes of dark chocolate + 1/4 cup almonds



1 rice cake + 1/4 avocado + tomatoes + apple slices





BALANCED SNACKS



8 whole grain crackers + corn salsa



2 graham crackers + 1/4 cup greek yogurt + 1 fruit



1 cup roasted chickpeas + sliced veggies of choice



1 cup tuna salad + chopped veggies



1/2 a whole wheat bagel + peanut butter + sliced apples



2 cheese sticks + 1 cup grapes



1/2 cup of chia pudding + 1 fruit of choice



1/4 cup feta cheese + 1 cup watermelon



A handful of almonds + 1 cup pomegranate



2 slices of turkey cold cuts + 1 cup of sliced veggies



1 cup popcorn + a handful of pistachios





BALANCED SNACKS



1 Nutri Grain bar + Pumpkin seeds



Baked apple slices w/ cinnamon + yogurt



1 frozen Kind bar + 1 cup fruit



Mini egg muffins with spinach & feta + fruit



1 cup of cottage cheese + pineapple + pretzels



6-7 chocolate pretzels + fruit



2 Oat Protein Balls



Cucumber slices with cottage cheese and 5-6 whole-grain crackers



1 slice of whole grain toast + 1 pear + 1/4 cup ricotta cheese



Handful (10-12) of sweet potato chips + yogurt



4-5 mini Frozen banana bites

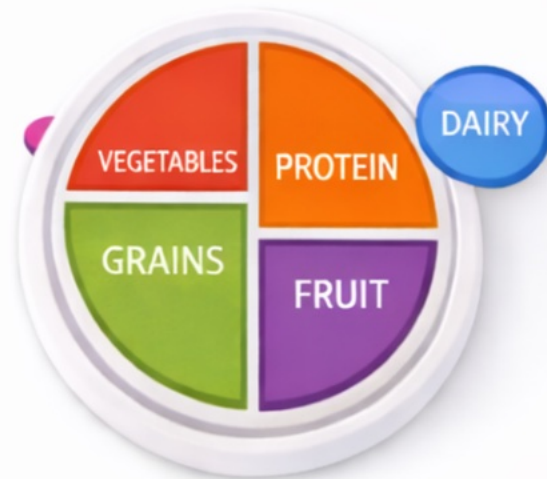


! **Note:** It's perfectly alright to have two Oreos if you're craving something sweet! While Oreos aren't part of the MyPlate method, it's all about portion control and balance. Enjoy in moderation alongside your balanced meal!

MYPLATE WITH 2 OREOS

Challenge yourself:

Try to limit yourself to just two!

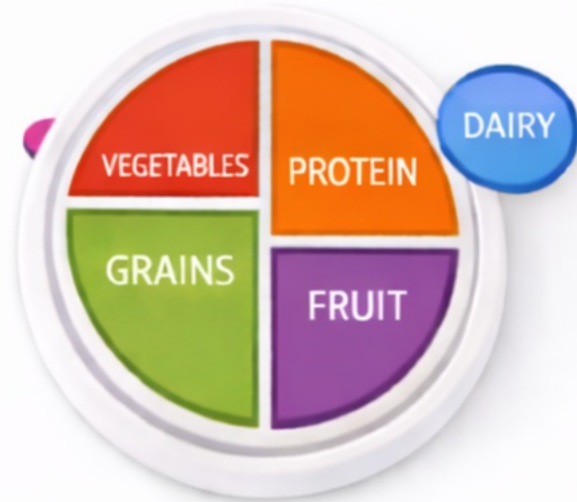


! Note: It's perfectly alright to enjoy a scoop of ice cream every now and then! While ice cream isn't part of the MyPlate method, it's all about portion control and balance. Enjoy in moderation alongside your balanced meal!

MYPLATE WITH ICE CREAM

Challenge yourself:

Opt for one ~~scoop~~ scoop instead of two!



STORE BOUGHT SNACKS

For Adults



Kirkland
Dried Mangoes



Simply Fit



Bobos
Oat bites



Hippeas
Chickpea puffs with
vegan cheddar



Chomps
Meat sticks



That's It
Fruit Bar



Barnana
Plantain chips with
Himalayan pink salt



Simple Mills
Almond flour chocolate
Chip Cookies



Saffron Road
Crunchy Chickpeas



Seapoint Farms
Roasted Edamame



TRUBAR



Bare
Baked apple crisps



Bear Naked
High Protein Granola



Go Raw
Flax snax, flax seed
crackers



Sargento
Low fat String
Cheese



Dave's Killer Bread
Snack Bars



Sabra
Hummus and pretzel
cups



Harvest Snap
Snap Pea crisps



All in one protein smoothie
Cheaper at Costco

STORE BOUGHT SNACKS

For Adults



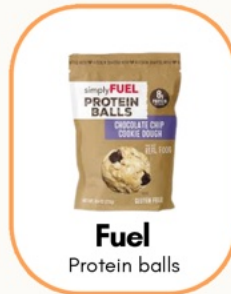
Go Go Squeeze
Applesauce



Siggi's
Coconut milk yogurt



Skinny Pop
Popcorn



Fuel
Protein balls



Made in Nature
Dried apricots



Dang
Coconut chips



Pans
Mushroom jerky



Whisps
Baked cheese crisps



Ratio
Yogurt



Oikos
triple zero



Kate Hill



Mixed nuts



Quaker
Rice cakes, white cheddar, chocolate



Mush
Overnight Oats



Nurri Drink
Protein Drink



Seven Sundays
Protein Oats

STORE BOUGHT SNACKS



Go raw
Sprouted pumpkin seeds



Wholly guacamole
Classic Mini bowls (single serve)



BEAR
Fruit rolls



Once Upon a Farm
Smoothie



Built Puff Bars



MUSH oatmeal
located at Costco



Simple Mills
Cheddar crackers



KiZE
Protein bars



Popcorners
Kettlecorn chips



Skinny Dipped
Dark chocolate almonds



KIND
Mini bars



Clio yogurt bars
located at Costco



Justin's
Squeeze pack classic butter



Blue Diamond
Almonds



Yasso ice cream

Located in most stores



Legendary sweets

Located at Target

STORE BOUGHT SNACKS



Good Culture
Cottage cheese



Lesser Evil
Power Curls



Sweet tooth?
Found at Target



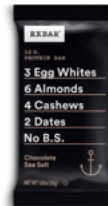
Gourmet Nut
Protein Packed
Trail Mix



Good & Gather
Mexican Street
Corn Trail Mix



Brads
Crunchy Kale
Chips



RX
Protein bar,
chocolate sea salt



Mary's Organics
Classic Crackers



Halo Top
Ice cream



KIND
Frozen Treat bars



Blue Diamond
Almond Nut-Thins



Made in Nature
Figgy Pops Choco
Crunch

STORE BOUGHT SNACKS



Once Upon a Farm
Organic Oat Bar



Kellogg's Nutri Grain
Soft Baked Breakfast Bar



Kirkland
Protein Bar



Quest
Protein Chips



Think!
High Protein Bars



Power Crunch
Protein Energy Bar



Outshine
Fruit Bars



Dewey's Bakery
Cranberry Orange Thin Cookie



Pure organic
Layered Fruit Bars



Chia Seeds



Organic coconut rolls



OLIPOP
SODA ALTERNATIVE

STORE BOUGHT SNACKS



KIRKLAND
Turkey Jerky



Made Good
Chocolate chip
granola minis



Chobani
Complete protein
yogurt drink



Nutrakit
Nut granola



WILWAY
GRANOLA



JOJO's
Dark Chocolate
bites



Alouette
Comes in multiple
flavors



PROTEIN20
PROTEIN INFUSED
WATER



1877
Mineral Water



KIRKLAND
Roasted seaweed
snacks



FULFIL
PROTEIN BARS



**Favorite of the
day**
Nut butter

STORE BOUGHT SNACKS



Binggrae
Melona frozen
dairy dessert bars



Naked
Variety juice
smoothie



Deebee's
Super fruit freezie
pops



Rhythm
Cauliflower bites



Sargento
Wheat thins +
cheese snack pack



Sargento
Ritz crackers +
cheese



Tru Fru
Frozen fresh
chocolate
strawberries



KIRKLAND
Hummus single
serve cups



Quaker
Oatmeal squares
(slightly high in sugar;
Consume in
moderation.)



Raider farms
Dark sweet
cherries



KIRKLAND
Kombucha Ginger
lemonade

STORE BOUGHT SNACKS



Orgain
Plant based
protein shake



KIRKLAND
Turkey Jerky



Flock Chips
Super fruit freezie
pops



Made Good
Chocolate chip
granola minis



Chobani
Complete protein
yogurt drink



Navitas Organics
Power Snacks,
Chocolate brownie



Health Warrior
Chia Seed bar,
dark chocolate



WILDE Chips



KIRKLAND
Roasted seaweed
snacks



LOVE CORN
Sea salt corn



Mid-day squares
Cookie dough
superfood bar



Cheese Wrap
Available at HEB
and Walmart



Biena
Chickpea snacks



**From the
Ground Up**
Cauliflower
pretzel twists



WHY CHOOSE GRASS-FED BUTTER?

Higher in Vitamins A, D, E & K

Supports heart health & reduces inflammation.

Better for Digestion

Contains butyrate, which supports gut health.

More Nutrient-Dense

Grass-fed cows produce butter with a richer nutrient profile.

Better for the Environment

Supports sustainable farming & animal welfare.

📞 512-222-8203 ✉️ info@livenourishedtoday.com 🌐 www.livenourishedtoday.com

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.

--	--	--	--	--	--	--	--	--	--

"Health starts with your fork."

DAILY LOG

Snack-1

Fruits	Grains	Dairy
Vegetables	Protein	

Snack-2

Fruits	Grains	Dairy
Vegetables	Protein	

Snack-3

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WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

- Walking
- Jogging or Running
- Biking
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- Strength Training (weights, resistance bands)
- Dancing
- Swimming
- Sports (e.g., basketball, soccer)
- Exercise Video / Class
- Housework (vacuuming, cleaning, etc.)
- Other: _____

How did you feel after your movement?

How many total minutes did you move today?

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Mood: _____ Energy levels: _____ Satisfaction: _____

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A circular water tracking wheel divided into 12 equal segments. A blue water drop icon is positioned in the center of the wheel.

"Health starts with your fork."

DAILY LOG

Snack-1

Fruits	Grains	Dairy
Vegetables	Protein	

Snack-2

Fruits	Grains	Dairy
Vegetables	Protein	

Snack-3

Fruits	Grains	Dairy
Vegetables	Protein	

WHAT TYPE OF MOVEMENT DID YOU DO TODAY?

- Walking
- Jogging or Running
- Biking
- Stretching or Yoga
- Strength Training (weights, resistance bands)
- Dancing
- Swimming
- Sports (e.g., basketball, soccer)
- Exercise Video / Class
- Housework (vacuuming, cleaning, etc.)
- Other: _____

How did you feel after your movement?

How many total minutes did you move today?

END OF THE DAY REFLECTION

Mood: _____ Energy levels: _____ Satisfaction: _____

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

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DAILY LOG

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END OF THE DAY REFLECTION

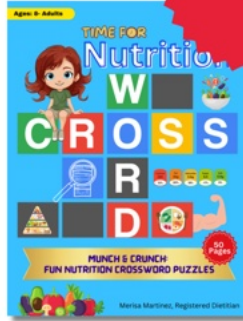
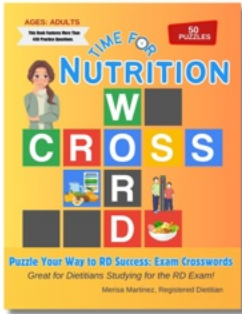
Mood: _____ Energy levels: _____ Satisfaction: _____

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PAGES

WHAT'S INSIDE?



ALSO
AVAILABLE



Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Every bite is a building block."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Good food is love served daily."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

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Every section is 8 oz of water.



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Date: _____

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Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Wellness is built one meal at a time."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Fuel your body like you love it."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"One healthy meal can shift your whole day."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"What you eat today fuels your tomorrow."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Invest in your health—it pays lifelong dividends."

Date: _____

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Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Choose food that loves you back."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Eat well, age strong."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
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"Good nutrition is a daily decision."

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Fruits	Grains	Dairy
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Dinner

Fruits	Grains	Dairy
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Water Tracking

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"A better mood is one meal away."

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Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

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*"What you eat becomes you—
choose wisely."*

Date: _____

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Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

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Water Tracking

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"Food is your daily medicine."

Date: _____

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Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

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Water Tracking

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"Nourish your body, nurture your soul."

Date: _____

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Lunch

Fruits	Grains	Dairy
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Dinner

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Vegetables	Protein	

Water Tracking

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"Eat well today for a healthier tomorrow."

Date: _____

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Lunch

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"Wellness is built on daily choices."

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Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Healthy food creates a happy mood."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Your plate tells your story."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Rest and food are equal medicine."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Mindful eating leads to mindful living."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Fuel your body with kindness."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.

A circular water tracking wheel divided into 8 equal segments. A blue water drop icon is positioned in the center of the wheel.

"Food is the foundation of wellness."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



*"Balance on your plate,
balance in life."*

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Hydration is nature's energy drink."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.

A circular water tracking wheel divided into 10 equal segments. A blue water drop icon is positioned in the center of the wheel.

"Listen to your body before it whispers louder."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Choose foods that let you thrive."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



*"Wellness is a journey,
not a destination."*

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Good food grows a good life."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Every bite is an act of love."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Eat clean, live serene."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Health is built one choice at a time."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Strong habits create strong health."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.

A circular water tracking wheel divided into 10 equal segments. A blue water drop icon is positioned in the center of the wheel.

"Food is medicine for body and mind."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Today's food is tomorrow's strength."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Eat to nourish, not just to fill."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Wellness is the gift you give yourself."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"How you eat shapes how you feel."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Nature grows the best remedies."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"A calm mind creates a healthy body."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.

A circular water tracking wheel divided into 10 equal segments. A blue water drop icon is positioned in the center of the wheel.

"Good food is love made edible."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Consistency beats perfection in wellness."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.

A circular water tracking wheel divided into 10 equal segments. A blue water drop icon is positioned in the center of the wheel.

"Eat with gratitude, live with balance."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Choose energy, not exhaustion."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.

A circular water tracking wheel divided into 8 equal segments. In the center of the wheel is a blue water drop icon.

"Food should heal, never harm."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Daily habits bloom into wellness."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Eat for nourishment, not escape."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Good food is self-love on a plate."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Your body is your lifelong home."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Small steps lead to big wellness."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Healing is slow but steady."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Eat to fuel your best self."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.

A circular water tracking wheel divided into 8 equal segments. In the center of the wheel is a blue water drop icon.

"One mindful meal can change your day."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"A nourished body creates a calm mind."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Wellness is built on daily choices."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Wellness is built on daily choices."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Wellness is built on daily choices."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Wellness is built on daily choices."

Date: _____

Breakfast

Fruits	Grains	Dairy
Vegetables	Protein	

Lunch

Fruits	Grains	Dairy
Vegetables	Protein	

Dinner

Fruits	Grains	Dairy
Vegetables	Protein	

Water Tracking

Every section is 8 oz of water.



"Wellness is built on daily choices."