

**Daily Food For** \_\_\_\_\_ **Date** \_\_\_\_\_

Day 1



Food Group	Food Name and Amount
<b>Breakfast</b>	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
<b>Comments</b>	
<b>Snack</b>	
<b>Lunch</b>	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
<b>Comments</b>	
<b>Snack</b>	
<b>Dinner</b>	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
<b>Comments</b>	
<b>Snack</b>	

**Daily Food For** \_\_\_\_\_ **Date** \_\_\_\_\_

Day 2



Food Group	Food Name and Amount
<b>Breakfast</b>	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
<b>Comments</b>	
<b>Snack</b>	
<b>Lunch</b>	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
<b>Comments</b>	
<b>Snack</b>	
<b>Dinner</b>	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
<b>Comments</b>	
<b>Snack</b>	

**Daily Food For** \_\_\_\_\_ **Date** \_\_\_\_\_

Day 3



Food Group	Food Name and Amount
<b>Breakfast</b>	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
<b>Comments</b>	
<b>Snack</b>	
<b>Lunch</b>	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
<b>Comments</b>	
<b>Snack</b>	
<b>Dinner</b>	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
<b>Comments</b>	
<b>Snack</b>	

Notes section for yourself:

