

FOOD DIARY

<u>Monday</u>					
<u>Tuesday</u>					
<u>Wednesday</u>					
<u>Thursday</u>					
<u>Friday</u>					
<u>Saturday</u>					
<u>Sunday</u>					

Daily Goal:
6 grains 5 veg 4 fruit 3 milk 2 meat 1 vitamin
& 2 liters/ 64 ounces/ 8 glasses water every day!