

# Nutrition Made Simple

By Tamara Aven

I remember years ago reading an article by William Sears on ADD and ADHD where Mr. Sears talked about how kids for the most part do not struggle with either ADD or ADHD rather they struggle with NDD (aka Nutrition Deficit Disorder). Mr. Sears did go on to say that ADD and ADHD are real and do affect some children; his concern however was the overuse of medication on children who really just needed adjustment in what they are eating.

In our fast paced lives, it often feels easier to grab something quick on the go and so we are often reaching for processed foods that are leaving our bodies in a state of deprivation. The other contributing factor is that so many quick snacks that kids want and of course enjoy are contributing to sugar addiction and leading to significant health problems at younger and younger ages.

As much as we are more “knowledgeable” with information, we seem to lack the skills and tools to make the choices that will lead to long, healthy and vibrant lives. The obesity rates are rising even with all of the information we have and our life expectancy rates are drastically on the decline. Let’s change this!

I have been coaching now since January of 2015 and in that time, have implemented a nutrition system for myself and my family based on Autumn Calabrese’s Ultimate Portion Fix. The nutrition plan is based on balancing macro and micronutrients so that our bodies are nourished and cells aren’t screaming at us for sugar, sugar, sugar!

The idea behind this is simple - figure out how much of each food group you need based on age, gender, activity level and then EAT ONLY THAT!!! I appreciate that kids aren’t really in charge of the grocery shopping or the meal planning at home. They can however be advocates for their own health and well-being. My own kids are very involved in meal planning, grocery shopping, and learning how certain foods affect them.

By bringing this to a classroom setting, we can start the discussion on the importance of knowing what our bodies need and how to make choices that will lead to success at school and in life!

In order to get started, you will need to know what each colour pertains to and the measurements of each:

<ul style="list-style-type: none"><li>● Green - Vegetables - 1 cup</li><li>● Purple - Fruits - 1 cup</li><li>● Red - Protein - 3/4 cup</li><li>● Yellow - Carbohydrates - 1/2 cup</li></ul>	<ul style="list-style-type: none"><li>● Blue - Healthy Fats - 1/8 cup</li><li>● Orange - Seeds &amp; Dressings - 2 tbsp</li><li>● Spoons - Nut Butters &amp; Oils - 1 tsp</li></ul>
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Here are the food lists we choose from:

**VEGETABLES: GREEN (1 cup)**

Kale, cooked or raw	Banana peppers, 3 medium
Watercress, cooked or raw	Carrots, sliced or 10 medium baby
Collard greens, cooked or raw	Cauliflower, chopped
Spinach, cooked or raw	Artichokes, 1/2 large
Bok choy, cooked or raw	Eggplant, 1/2 medium
Brussels sprouts, chopped or 5 medium	Okra
Broccoli, chopped	Cactus (nopales), sliced
Asparagus, 10 large spears	Jicama, sliced
Beets, 2 medium	Snow peas
Tomatoes, chopped, cherry, or 2 medium	Cabbage, chopped
Tomatillos, chopped or 3 medium	Sauerkraut
Pumpkin (regular or West Indian), cubed	Cucumbers
Squash (summer), sliced	Celery
Chayote squash, chopped	Lettuce
Winter squash (all varieties), cubed	Mushrooms
Seaweed (wakame and agar)	Radishes
String beans/green beans	Turnips, chopped or 1 medium
Peppers (sweet), sliced	Rutabaga, cubed
Poblano chiles, chopped	Onions, chopped
Vegetable broth, 2 cups	Sprouts
Pickle, chopped	Bamboo shoots
	Salsa (freshly made or pico de gallo)

**FRUITS: PURPLE (1 cup)**

Raspberries	Kiwifruit, 2 medium
Blueberries	Mango, sliced
Blackberries	Peach, sliced or 1 large
Strawberries	Plum, 2 small
Pomegranate, 1 small	Pluot, 2 small
Pomegranate seeds, 1/2 cup	Nectarine, sliced or 1 large
Guava, 2 medium	Pear, sliced or 1 large
Starfruit, 2 medium	Pineapple, chopped
Passion fruit, 3 fruits	Banana, 1/2 large
Watermelon, chopped	Green banana, 1/2 large

<p>Cantaloupe, chopped  Orange, divided into sections or 1 medium  Bitter orange, 1 medium  Tangerine, 2 small  Apple, sliced or 1 small  Apricots, 4 small  Grapefruit, divided into sections or 1/2 large  Cherries  Grapes</p>	<p>Dwarf red banana, 1 1/2 small  Breadfruit, 1/8 small  Papaya, chopped  Figs, 2 small  Honeydew melon, chopped  Pumpkin puree  Salsa (store-bought)  Tomato sauce (plain or marinara)  Applesauce (unsweetened)  Jackfruit (raw in water), 1/2 cup</p>
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**PROTEINS: RED (3/4 cup)**

<p>Sardines (fresh or canned in water),  7 medium  Boneless, skinless chicken or turkey  breast, cooked, chopped  Duck breast, cooked, chopped  Squab, cooked, chopped  Goat, cooked chopped  Lean ground chicken or turkey ( 93% lean), cooked  Fish, fresh water (catfish, + tilapia,  trout), cooked, flaked  Fish, cold water, wild-caught (+ cod,  salmon, halibut, tuna), cooked, flaked  Game (buffalo, bison, ostrich,  venison, rabbit), cooked, chopped  Game: lean ground ( 95% lean), cooked  Eggs, 2 large  Egg whites, 8 large  Greek yogurt (plain, 2%)  Yogurt (plain, 2%)  Shellfish (shrimp, crab, lobster), cooked  Clams/ Octopus, cooked, chopped</p>	<p>Squid, cooked, chopped  Red meat (extra-lean), cooked, chopped  Lean ground red meat ( 95% lean), chopped  Organic tempeh  Organic tofu (firm)  Pork tenderloin, chopped, cooked  Tuna (canned light in water), drained  Lox (smoked salmon), 4 oz  Turkey slices (nitrate- and nitrite-free),  6 slices  Ham slices (nitrate- and nitrite-free), 6 slices  Ricotta cheese, light  Cottage cheese, 2%  Protein powder (whey, hemp, rice, pea), 1 scoop  Veggie burger, 1 medium patty  (&gt; 16 g protein and &lt; 15 g  carbohydrates per patty)  Turkey bacon (nitrate- and nitrite-free),  4 slices  Beef-based broth, 4 cups = 1/2 serving  Chicken-based broth, 4 cups = 1/2 serving</p>
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**CARBOHYDRATES: YELLOW (1/2 cup)**

<p>Sweet potato, chopped or mashed  Yams (regular, white, tropical [batata]),  chopped or mashed  Plantains, sliced  Quinoa, cooked</p>	<p>Bulgur, cooked  Oatmeal (steel-cut or rolled),  Muesli/granola, 1/4 cup  Hominy, cooked  Popcorn (air-popped), 3 cups</p>
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Beans (kidney, black, garbanzo/ chickpeas, white, lima, fava, pink, pigeon, etc.), cooked, drained Lentils, cooked, drained Organic edamame, shelled Water chestnuts Cassava (yuca), 2 oz. Peas Refried beans (nonfat) Rice (brown or wild), cooked Potato (russet), chopped or mashed, or 1 small Potato (red bliss or Yukon gold), mashed or 1 whole Parsnips, cooked Buckwheat, cooked Barley (whole-grain), cooked	Pasta (whole-grain), cooked Couscous (whole wheat), cooked Crackers (whole-grain), 8 small Cereal (whole-grain, low-sugar) Bread (whole-grain), 1 slice Pita bread (whole-grain), 1 small (4-inch) Waffles (whole-grain), 1 small (4-inch) Pancakes (whole-grain), 1 small (4-inch)* English muffin (whole-grain), 1/2 muffin Bagel (whole-grain), 1/2 small (3-inch) Tortilla (whole-grain), 1 small (6-inch) Tortilla (corn), 2 small (6-inch) Rice cakes, 2 whole Corn on the cob, 1 ear* Amaranth, cooked Millet, cooked
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**HEALTHY FATS: BLUE (1/3 cup)**

Avocado, mashed or . medium 12 almonds, whole, raw 8 cashews, whole, raw 14 peanuts, whole, dry roasted 20 pistachios, whole, raw 10 pecan halves, raw 8 walnut halves, raw Hummus Coconut milk (canned) Feta cheese, crumbled	Goat cheese, crumbled Mozzarella (low-moisture), shredded Cheddar, shredded Provolone, shredded Monterey Jack, shredded Parmesan, shredded Cotija cheese, crumbled Oaxaca cheese, crumbled Queso fresco, crumbled
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**NUTS, SEEDS & DRESSINGS: ORANGE (2 tbsp)**

Pumpkin seeds, raw Sunflower seeds, raw Sesame seeds, raw Flaxseed, ground Chia seeds	Hemp seeds Pine nuts Olives, 10 medium* Coconut (unsweetened), shredded
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**OILS & NUT BUTTERS: 1 spoon**

<p>Extra-virgin olive oil          Extra-virgin coconut oil          Flaxseed oil          Walnut oil          Pumpkin seed oil          Sesame oil</p>	<p>Cacao nibs          Nut butters (peanut, almond, cashew, etc.)          Seed butters (pumpkin, sunflower, sesame [tahini])          Butter or Ghee (clarified butter)</p>
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Now we move on to the planning and determination of how much food our bodies need based on age/gender/activity level. For adults:

<p><b>IF YOU'RE NOT WORKING OUT</b></p> <p><b>FIND YOUR CALORIC BASELINE</b> Use this calculation if you're injured or not yet working out, other than light walking or stretching.</p> <p>CURRENT WEIGHT (LBS.) <input type="text"/> <b>x 11 =</b> CALORIC BASELINE <input type="text"/></p> <p><b>CALORIE TARGET</b></p> <p>CALORIC BASELINE <input type="text"/> <b>- 400 =</b> YOUR CALORIE TARGET <input type="text"/></p>	<p><b>IF YOUR WORKOUTS ARE: MODERATELY CHALLENGING</b></p> <p><b>1. FIND YOUR CALORIC BASELINE</b> This is how many calories you burn in a day.</p> <p>CURRENT WEIGHT (LBS.) <input type="text"/> <b>x 11 =</b> CALORIC BASELINE <input type="text"/></p> <p><b>2. FIND YOUR MAINTENANCE CALORIES</b> Use your Caloric Baseline to find your Maintenance Calories.</p> <p><b>MODERATELY CHALLENGING WORKOUTS</b>          30-45 MINS, 5X/WEEK          Easy jogging (30 mins. or 3 miles), vigorous hiking, biking (30 mins.)</p> <p>CALORIC BASELINE <input type="text"/> <b>+ 400 =</b> MAINTENANCE CALORIES <input type="text"/></p> <p><b>3. FIND YOUR CALORIE TARGET FOR WEIGHT LOSS</b></p> <p>MAINTENANCE CALORIES <input type="text"/> <b>- 750 =</b> YOUR CALORIE TARGET <input type="text"/></p>	<p><b>IF YOUR WORKOUTS ARE: EXTREMELY CHALLENGING</b></p> <p><b>1. FIND YOUR CALORIC BASELINE</b> This is how many calories you burn in a day.</p> <p>CURRENT WEIGHT (LBS.) <input type="text"/> <b>x 11 =</b> CALORIC BASELINE <input type="text"/></p> <p><b>2. FIND YOUR MAINTENANCE CALORIES</b> Use your Caloric Baseline to find your Maintenance Calories.</p> <p><b>EXTREMELY CHALLENGING WORKOUTS</b>          45 MINS. OR MORE, 5X/WEEK          High-intensity interval training, heavy weightlifting, indoor cycling, Beachbody workouts: P90X® Series, INSANITY®, TurboFire®</p> <p>CALORIC BASELINE <input type="text"/> <b>+ 600 =</b> MAINTENANCE CALORIES <input type="text"/></p> <p><b>3. FIND YOUR CALORIE TARGET FOR WEIGHT LOSS</b></p> <p>MAINTENANCE CALORIES <input type="text"/> <b>- 750 =</b> YOUR CALORIE TARGET <input type="text"/></p>
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# ADULT NUTRITION PLANS:

## Regular plan:

PORTION PLAN A		PORTION PLAN B		PORTION PLAN C	
CALORIE TARGET		CALORIE TARGET		CALORIE TARGET	
1,200-1,499 CALORIES		1,500-1,799 CALORIES		1,800-2,099 CALORIES	
GREEN VEGETABLES	4	GREEN VEGETABLES	4	GREEN VEGETABLES	5
PURPLE FRUITS	2	PURPLE FRUITS	3	PURPLE FRUITS	3
RED PROTEINS	4	RED PROTEINS	4	RED PROTEINS	5
YELLOW CARBOHYDRATES	2	YELLOW CARBOHYDRATES	3	YELLOW CARBOHYDRATES	4
BLUE HEALTHY FATS	1	BLUE HEALTHY FATS	1	BLUE HEALTHY FATS	1
ORANGE SEEDS & DRESSINGS	1	ORANGE SEEDS & DRESSINGS	1	ORANGE SEEDS & DRESSINGS	1
TSP. OILS & NUT BUTTERS	3	TSP. OILS & NUT BUTTERS	4	TSP. OILS & NUT BUTTERS	5

PORTION PLAN D		PORTION PLAN E		PORTION PLAN F	
CALORIE TARGET		CALORIE TARGET		CALORIE TARGET	
2,100-2,299 CALORIES		2,300-2,499 CALORIES		2,500-2,800 CALORIES	
GREEN VEGETABLES	6	GREEN VEGETABLES	7	GREEN VEGETABLES	8
PURPLE FRUITS	4	PURPLE FRUITS	5	PURPLE FRUITS	5
RED PROTEINS	6	RED PROTEINS	6	RED PROTEINS	7
YELLOW CARBOHYDRATES	4	YELLOW CARBOHYDRATES	5	YELLOW CARBOHYDRATES	5
BLUE HEALTHY FATS	1	BLUE HEALTHY FATS	1	BLUE HEALTHY FATS	1
ORANGE SEEDS & DRESSINGS	1	ORANGE SEEDS & DRESSINGS	1	ORANGE SEEDS & DRESSINGS	1
TSP. OILS & NUT BUTTERS	6	TSP. OILS & NUT BUTTERS	7	TSP. OILS & NUT BUTTERS	8

MY ULTIMATE PORTION FIX PLAN IS:

## Vegan plan:

PORTION PLAN A		PORTION PLAN B		PORTION PLAN C	
CALORIE TARGET		CALORIE TARGET		CALORIE TARGET	
1,200-1,499 CALORIES		1,500-1,799 CALORIES		1,800-2,099 CALORIES	
GREEN VEGETABLES	6	GREEN VEGETABLES	6	GREEN VEGETABLES	7
PURPLE FRUITS	2	PURPLE FRUITS	2	PURPLE FRUITS	3
RED PROTEINS	4	RED PROTEINS	5	RED PROTEINS	6
YELLOW CARBOHYDRATES A	1	YELLOW CARBOHYDRATES A	2	YELLOW CARBOHYDRATES A	2
YELLOW CARBOHYDRATES B	1	YELLOW CARBOHYDRATES B	1	YELLOW CARBOHYDRATES B	1
BLUE HEALTHY FATS	1	BLUE HEALTHY FATS	1	BLUE HEALTHY FATS	1
ORANGE SEEDS & DRESSINGS	1	ORANGE SEEDS & DRESSINGS	1	ORANGE SEEDS & DRESSINGS	1
TSP. OILS & NUT BUTTERS	3	TSP. OILS & NUT BUTTERS	4	TSP. OILS & NUT BUTTERS	5

PORTION PLAN D		PORTION PLAN E		PORTION PLAN F	
CALORIE TARGET		CALORIE TARGET		CALORIE TARGET	
2,100-2,299 CALORIES		2,300-2,499 CALORIES		2,500-2,800 CALORIES	
GREEN VEGETABLES	8	GREEN VEGETABLES	9	GREEN VEGETABLES	10
PURPLE FRUITS	3	PURPLE FRUITS	3	PURPLE FRUITS	4
RED PROTEINS	6	RED PROTEINS	7	RED PROTEINS	7
YELLOW CARBOHYDRATES A	2	YELLOW CARBOHYDRATES A	2	YELLOW CARBOHYDRATES A	3
YELLOW CARBOHYDRATES B	2	YELLOW CARBOHYDRATES B	2	YELLOW CARBOHYDRATES B	2
BLUE HEALTHY FATS	1	BLUE HEALTHY FATS	1	BLUE HEALTHY FATS	1
ORANGE SEEDS & DRESSINGS	1	ORANGE SEEDS & DRESSINGS	1	ORANGE SEEDS & DRESSINGS	1
TSP. OILS & NUT BUTTERS	6	TSP. OILS & NUT BUTTERS	7	TSP. OILS & NUT BUTTERS	8








MY ULTIMATE PORTION FIX VEGAN PLAN IS:

Once you know your calorie intake as an adult, you can then determine how much of each food group you should be eating as well as then take this information and relate it to your own children or children you work with (using the children charts available). You will need to know which category each child falls in to:








- **SEDENTARY** – A child who gets no other physical activity other than recess/gym at school. Spends 2 hours a day or more on sedentary leisure activities such as reading and electronic devices.
- **MODERATELY ACTIVE** – A child who has recess/gym but also participates in a sport or other regular physical fitness activity 2–3 times a week for an hour or more at a time OR spends at least an hour a day, 3 days a week or more playing outside, riding bikes, playing basketball, etc.
- **ACTIVE** – A child who has an hour or more of moderate to intense physical activity daily.








**KIDS NUTRITION PLANS:**








*For females:*








SEDENTARY FEMALE CHILD			
	4–8 YEARS 1,200–1,400 CALORIES	9–13 YEARS 1,400–1,600 CALORIES	14–18 YEARS 1,800 CALORIES
GREEN VEGETABLES 	2½–3½	3½–4	4½–5
PURPLE FRUITS 	2½–3	3–3½	3½–4
RED PROTEINS 	2–2½	2½–3	3½
YELLOW CARBOHYDRATES 	4½	4½	5½
BLUE HEALTHY FATS 	1	1	1
ORANGE SEEDS & DRESSINGS 	1	1	1
TSP. OILS & NUT BUTTERS 	3	4	5

*For males:*








SEDENTARY MALE CHILD			
	4–8 YEARS 1,200–1,400 CALORIES	9–13 YEARS 1,600–2,000 CALORIES	14–18 YEARS 2,000–2,400 CALORIES
GREEN VEGETABLES 	2½–3½	3½–5	5–6½
PURPLE FRUITS 	2½–3	3½–4½	4½–5½
RED PROTEINS 	2–2½	3–4	4–5
YELLOW CARBOHYDRATES 	4½	5½	6½–7
BLUE HEALTHY FATS 	1	1	1
ORANGE SEEDS & DRESSINGS 	1	1	1
TSP. OILS & NUT BUTTERS 	3	4–5	5–6

MODERATELY ACTIVE FEMALE CHILD			
	4–8 YEARS 1,400–1,600 CALORIES	9–13 YEARS 1,600–2,000 CALORIES	14–18 YEARS 2,000 CALORIES
GREEN VEGETABLES 	3½–4	4–5	5½–6
PURPLE FRUITS 	3–3½	3½–4½	4½–5
RED PROTEINS 	2½–3	3–4	4
YELLOW CARBOHYDRATES 	4½	5½	6½
BLUE HEALTHY FATS 	1	1	1
ORANGE SEEDS & DRESSINGS 	1	1	1
TSP. OILS & NUT BUTTERS 	4	4–5	5

MODERATELY ACTIVE MALE CHILD			
	4–8 YEARS 1,400–1,600 CALORIES	9–13 YEARS 1,800–2,200 CALORIES	14–18 YEARS 2,400–2,800 CALORIES
GREEN VEGETABLES 	3½–4	4½–6½	6½–8½
PURPLE FRUITS 	3–3½	3½–4½	5½–6½
RED PROTEINS 	2½–3	3½–4½	5–5½
YELLOW CARBOHYDRATES 	4½	5½–6	7–8
BLUE HEALTHY FATS 	1	1	1
ORANGE SEEDS & DRESSINGS 	1	1	1
TSP. OILS & NUT BUTTERS 	4	5–6	6–8

ACTIVE FEMALE CHILD			
	4-8 YEARS 1,400-1,800 CALORIES	9-13 YEARS 1,800-2,200 CALORIES	14-18 YEARS 2,400 CALORIES
GREEN VEGETABLES 	3½-5	5-6½	6½-7
PURPLE FRUITS 	3-4	4-5	5½-6
RED PROTEINS 	2½-3	3-4	5
YELLOW CARBOHYDRATES 	4½-5½	5½-6	7
BLUE HEALTHY FATS 	1	1	1
ORANGE SEEDS & DRESSINGS 	1	1	1
TSP. OILS & NUT BUTTERS 	4-5	5-7	7

ACTIVE MALE CHILD			
	4-8 YEARS 1,600-2,000 CALORIES	9-13 YEARS 2,000-2,600 CALORIES	14-18 YEARS 2,800-3,200 CALORIES
GREEN VEGETABLES 	3½-5	5-7½	8-9
PURPLE FRUITS 	3½-4½	4½-5½	6½-8
RED PROTEINS 	3-3½	3½-5	5½-6½
YELLOW CARBOHYDRATES 	5½-6	6-8	8-9
BLUE HEALTHY FATS 	1	1	1
ORANGE SEEDS & DRESSINGS 	1	1	1
TSP. OILS & NUT BUTTERS 	4-6	6-8	9-10

### NOTE ON PORTIONS:

Portion ranges give you and your child wiggle room. You'll notice the largest ranges are fruits and vegetables. If your child is hungry, vegetables and fruits make a great snack! For ranges found in protein, carbohydrates, and teaspoons, the lower end typically suits children at the lower age range for that group while the larger serving sizes suit the older children. In addition, modifications can be made based on unique daily variations in activity level, growth spurts, etc.

Depending on your child's age, he or she may not consume a full container in one sitting. For example, you may only wish to serve 1/2 of a Red Container (Proteins) at a time for a child 4 years of age. The numbers included in the chart above are total daily recommendations.

### Resources you will need:

- Eat the Rainbow
- Tally Sheets
- Meal Planning Chart
- Food Lists to choose from
- Grocery List

### NOTE ON PROGRAM:



This takes time to learn and implement, so please allow yourself the time and space to read through the resources, familiarize yourself with the food lists and start planning with your family. This program is sustainable for life and in a very short time, you'll be able to take with you anywhere and everywhere the ability to fuel your body properly with foods that are balanced when it comes to macro and micro nutrients. This is a way of life and when you know you'll be eating those sweets (yellow container) or for adults drinking wine, etc. (also yellow container), you can substitute out those occasional events as your yellows and still feel fabulous!



# Eat The Rainbow CHART

YOUR NAME \_\_\_\_\_

EARN 1 POINT FOR EVERY CIRCLE YOU FILL IN FOR DRINKING A GLASS OF WATER OR EATING A HEALTHY FOOD EVERY DAY. IF YOU TRY SOMETHING NEW, YOU EARN A STAR! AT THE END OF THE WEEK, IF YOU'VE EARNED AT LEAST 3 STARS AND 50 POINTS, YOU EARN YOUR REWARD!

THE ULTIMATE PORTION FIX	 WATER	 VEGGIES	 FRUIT	 PROTEIN	 CARBS	 FATS	 SEEDS & DRESSINGS	 OILS & NUT BUTTERS	
MONDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
TUESDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEDNESDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
THURSDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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SATURDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
SUNDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Try Something New

















Daily Points










REWARD

# TALLY SHEET

CALORIE TARGET:							
CONTAINERS							

DAY:							
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

DAY:							
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

Meal plans for the Week:

Day	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
TOTALS						

Grocery List

Fruits & Veggies	Meats/Meat Alternatives	Breads/Grains/Pastas
Dairy	Frozen Foods	Miscellaneous