

**Instructions:**

1. List everything you eat and drink
2. List the amount consumed in ounces, cups, tablespoons, or in appropriate units, i.e., 1 slice bread
3. Describe how food is prepared; i.e., baked, fried, broiled
4. List all dressings, sauces, and condiments.
5. List brand names and/or calories of extra items consumed that are not part of your plan.
6. Write down food intake immediately after eating.

**Serving sizes:**

- 1 dairy** = 1 slice of cheese, 6oz yogurt, 8oz milk
- 1 fruit** = 12 grapes, 1 small apple or 1 small banana or 1 cup of chopped fruits
- 1 vegetable** = 1 cup of salad or ½ cup cooked vegetable
- 1 protein** = 1oz of protein such as 1 egg, for 3oz chicken, check off 3 small squares
- 1 grain** = 1oz of dry cereal, 1 slice of 100% whole grain bread, ½ cup legumes cooked, 1/3 cup rice or pasta cooked
- 1 fat** = 5g of fat such as 1 teaspoon of butter or mayonnaise, 1 tablespoon of peanut butter or salad dressing

**MEAL PLAN**

Dairy \_\_\_\_\_ Servings  
 Protein \_\_\_\_\_ Servings  
 Starch \_\_\_\_\_ Servings  
 Fruit \_\_\_\_\_ Servings  
 Vegetable \_\_\_\_\_ Servings  
 Fat \_\_\_\_\_ Servings

Dairy   
 Protein   
 Grain   
 Fruit   
 Vegetable   
 Fat   
 Water

**Activity Log**

Activity                      Minutes

Dairy   
 Protein   
 Grain   
 Fruit   
 Vegetable   
 Fat   
 Water

**Activity Log**

Activity                      Minutes

Dairy   
 Protein   
 Grain   
 Fruit   
 Vegetable   
 Fat   
 Water

**Activity Log**

Activity                      Minutes

DAY 4

DAY 5

DAY 6

DAY 7

Dairy   
 Protein   
 Grain   
 Fruit   
 Vegetable   
 Fat   
 Water

**Activity Log**  
 Activity                      Minutes

Dairy   
 Protein   
 Grain   
 Fruit   
 Vegetable   
 Fat   
 Water

**Activity Log**  
 Activity                      Minutes

Dairy   
 Protein   
 Grain   
 Fruit   
 Vegetable   
 Fat   
 Water

**Activity Log**  
 Activity                      Minutes

Dairy   
 Protein   
 Grain   
 Fruit   
 Vegetable   
 Fat   
 Water

**Activity Log**  
 Activity                      Minutes