

Name:				
Track your food on the next page and turn this in to me Saturday morning.				
Proteins	Carbs	Fruit	Dairy	Drinks
Chicken breast Ham Hamburger Steak Fish / Tuna Pork Chops Eggs Canadian Bacon Nuts Peanut Butter Protein Bars Protein Shakes	Brown Rice Pasta Potatoes Wheat Breads Oatmeal Waffles/Pancakes English Muffins Pretzels Muffins Tortillas	Bananas Apples Melon Pears Grapes Strawberries Oranges Applesauce Fruit cups	Milk (Skim) Yogurt Cottage Cheese Pudding-sugar free Cheese String Cheese	Juices Milk Water Gatorade Powerade
Veggies	Extras	Example Dinners		
Tomato Salads Anything Green Carrots	Spaghetti sauce Spices Gravy Cream of...	Spaghetti & meatballs or chicken, cottage cheese, salad Chicken & Dumplings, veggies Meat Loaf, baked potato, green beans Tacos, either beef or chicken Tortilla Soup Steak, potato, salad Chicken breast with cheese & bacon, brown rice, veggies Pork Chops, mac & cheese, veggies Hamburger, pasta salad, apple sauce Ham, Potatoes, salad		
Example Lunches			Example Breakfast	
Sandwich - lunch meat, veggies, piece of fruit, applesauce, yogurt pudding, fruit cup, string cheese, protein bars, or pretzels - 3 of these plus sandwich Salads (more than just lettuce) with dressing on the side Any of the Example Dinners			Cereal - not full of sugar, fruit waffles, eggs, canadian bacon, juice french toast, sausage, juice muffins, fruit, juice Pancakes, fruit Eggs: (Scrambled, over easy, poached) Toast, juice	

Write down everything you eat,
no matter what it is ADD 3 20oz. bottles of water a day/ **NO POP**

FOOD CHART

August 8th	August 9th	August 10th	August 11th	August 12th
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner Carb. Load Night	Dinner	Dinner
Snacks	Snacks	Snacks	Snacks	Snacks