

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

Protein 5 servings to UL
Fruits 4 servings to UL
Vegetables 4 servings to UL

WATER-8 - 10 glasses

Starches 0 -3
Dairy 0 - 1
Fats 0 - 3
Sugars 0 - 3
Salt 0