

DAILY LOG SHEET

DATE:

WEIGHT:

VEGETABLES (1/2 CUP)

FRUITS (1/2 CUP)

BEANS/POTATOES(1/2 CUP)

WHOLE GRAINS(1/2 CUP)



FLAX SEED:



NUTS:



DESSERT/OTHER:



(UP TO 100 Kcal)

DAILY LOG SHEET

DATE:

WEIGHT:

VEGETABLES (1/2 CUP)

FRUITS (1/2 CUP)

BEANS/POTATOES(1/2 CUP)

WHOLE GRAINS(1/2 CUP)



FLAX SEED:



NUTS:



DESSERT/OTHER:



(UP TO 100 Kcal)

DAILY LOG SHEET

DATE:

WEIGHT:

VEGETABLES (1/2 CUP)

FRUITS (1/2 CUP)

BEANS/POTATOES(1/2 CUP)

WHOLE GRAINS(1/2 CUP)



FLAX SEED:



NUTS:



DESSERT/OTHER:



(UP TO 100 Kcal)