

1 BOX = 1 SERVING

Date: _____

Legumes:

Nuts and seeds:

Dairy:

Category 1 vegetables:

greens

Category 2 vegetables:

Fruits:

Whole grains:

Protein:

Oils:

Water:

Exercise: _____

Date: _____

Legumes:

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Whole grains:

Protein:

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Exercise: _____

SNACK IDEAS

1 hard-boiled egg and 1 apple (1/2 protein, 1 fruit)

1 pear and 10-12 almonds (1 fruit, 1 nut)

1 slice whole grain bread, toasted with 1Tbsp almond butter (1 grain, 1 nut)

1 medium carrot, celery and cucumber sticks with 1/2 cup hummus (1/2 category 2 vegetable, 1 legume, 1 category 1 veg)

1 hard boiled egg chopped up with fresh herbs/green onion on top of celery sticks(1 protein, 1 category 1 veg)

1 small nectarine or peach and 1/2 cup blueberries, with 4 oz plain yogurt (1 fruit, 1 dairy)

raw veggies (Category 1) with 1 Tbsp tahini and 3 Ryvita crackers (1 nut, 1 grain)

3 Ryvita crackers and 1 oz (%15-%17 Fat) mozzarella or swiss cheese, sliced tomato (1 grain, 1/2 protein, 1 dairy, 1 category 1 veg)

Whole Foods Diet

Tracking Form

Instructions: Refer to your Whole Food Diet Food List for number of servings, and note here for quick reference.

Nuts & Seeds:

Legumes & Protein:

Dairy/Alternatives:

Category I Veg:

Category II Veg:

Whole grains:

Fruits:

Oils:

Water:

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Whole grains:

Protein:

Oils:

Water:

Exercise: