

Date:

Name

Time	Food	AMT	MUFA	O-3	Other fat	Fruit	Green	Red	Yellow	Other	Alium	Herbs	Wh. Grain	Other Carb	Pro	Milk

Time	Food	AMT	MUFA	O-3	Other fat	Fruit	Green	Red	Yellow	Other	Alium	Herbs	Wh. Grain	Other Carb	Pro	Milk
	Goals			2 wk				1	1	1	Daily	Daily	3+			