



Example Day:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

5 Servings of Veggies

A serving of veggies is 1 cup of fibrous vegetables raw. Measure raw, then cook.

Spinach	1	1	1	1	1	1	1
Cucumber	2	2	2	2	2	2	2
Mixed Greens	3	3	3	3	3	3	3
Mixed Greens	4	4	4	4	4	4	4
Salad Veggies	5	5	5	5	5	5	5

4 Servings of Fruit&Fat

A serving of fruit is 1 cup or 1 piece of fresh fruit. A serving of fat is 2 tablespoons.

Apple	1	1	1	1	1	1	1
Peanut Butter	2	2	2	2	2	2	2
Grapes	3	3	3	3	3	3	3
Avocado	4	4	4	4	4	4	4

3 Servings of Protein

A serving of protein is 4oz for women & 6 oz for men. Measure raw, then cook. Includes vegan & vegetarian options

Eggs	1	1	1	1	1	1	1
Chicken	2	2	2	2	2	2	2
Protein Bar	3	3	3	3	3	3	3

30 Minutes of Movement

Anything that gets you moving. Examples: PT sessions, yoga, walking the dog, taking a class, dancing in your underwear, etc

Walking the Dog

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64oz of Water

Hydrate your body with plain water.

32oz / 32oz

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