

DAILY TRACKER

Write in ALL food & drinks **Water yourself:** (W)

Breakfast

Supplements:

Mid morning snack

Lunch "1"

Supplements:

Lunch "2"

Dinner

Supplements:

Evening snack (opt)

Purposeful Exercise

Intentional Relaxation

| Meal Replacements | # Servings: |
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| Lean Protein: 3-4 oz | # Servings: |
| Meat, poultry, fish - grilled, poached, baked or roasted. 2 eggs, Tofu (5-6 oz), Tempeh (3 oz or 1/2 cup), cottage cheese lowfat 3/4 cup, soy or veggie burger, Ricotta cheese 1/2 cup, mozzarella (2 oz) shredded parmesan cheese 6 tbsp. | |
| Legumes: 1/2 cup | # Servings: |
| • Beans - garbanzo, pinto, kidney, azuki, black, lima, cannelloni, navy, mung, • Non-GMO soy beans • Bean soups, 3/4 cup • Hummus, 1/4 cup • Lentils | |
| Dairy Alternative: 6 oz | # Servings: |
| • Almond, hemp, soy or rice milk, regular 1% or non-fat • Sour cream, nonfat, 6 tbsp. • Yogurt, Greek or goat, or plain unsweetened, 4 oz. • Fat-free feta cheese, 2 oz. | |
| Nuts & Seeds: indicated | # Servings: |
| • Almonds or hazelnuts, 10-12 whole nuts • Coconut, unsweetened grated 3 tbsp. • 1 tbsp. nut butter made of pine nuts, peanuts, pumpkin, sesame seeds, walnuts, pistachios, pecans | |
| Low Glycemic Vegetables | UNLIMITED |
| Artichokes, asparagus, bamboo shoots, bean sprouts, bell or other pepper, broccoli, broccoflower, brussel sprouts, cabbage, cauliflower, celery, chives, cucumber, eggplant, garlic, green beans, any greens, bok choy, escarole, Swiss chard, kale, collards, spinach, dandelion, mustard and beet greens, leeks, lettuce, mixed greens, romaine, red and green leaf, endive, arugula, radicchio, watercress, chicory, squash, zucchini, tomatoes, vegetable juice (low sodium). | |
| Starchy Vegetables: 1 cup | # Servings: |
| Beets, carrots, winter squash or butter nut squash Potatoes 1/2 medium Sweet (Yam), Yukon Gold, new, red | |
| Fruit: 1 medium | # Servings: |
| Apple, apricots, berries, cantaloupe (1/2), cherries (5), fresh figs (2), grapefruit (1 whole), grapes (15), Honey Dew melon (1/4), mango (1/2), nectarines (2), orange (1), peaches (2 small), pear (1), plums (2 small), persimmon (1/2), tangerines (2 small), watermelon (2 cups). | |
| Grains: 1/2 cup cooked/indicated | # Servings: |
| Rice: Basmati, brown, wild, Barley, buckwheat groats, millet, bulgur (cracked wheat), quinoa, teff, whole oats (raw 1/3 cup, cooked 3/4 cup), spelt, kamut, whole grain crackers (2), bread (1 slice), tortillas (2 small or 1 large), whole grain cereal (1 cup) | |
| Oils: 1 tsp or as indicated | # Servings: |
| Avocado (1/8), coconut milk (3 tbsp), flaxseed oil (refrigerate), olives (8-10), olive oil extra virgin, coconut or olive oil (1 tsp), Earth balance spread (1 +1/2 tsp.) | |