

WHAT I ATE THIS WEEK



THE WEEK OF _____

	BREAKFAST	SNACK (OPTIONAL)	LUNCH	SNACK (OPTIONAL)	DINNER	SNACK (OPTIONAL)
MON						
TUE						
WED						
THU						
FRI						
SAT						
SUN						

THIS WEEK...

- I ate well. Lots of fruits, vegetables, nuts, seeds, and whole grains. I am amazing!
- I ate okay. Some fruits and veggies. Probably too much processed food. I can do better.
- I didn't eat very well. Hardly any fruits or vegetables. Do potato chips counts? I need to try harder.
- I ate cookies for dinner and pizza for breakfast. Veggies? Not so much. Next week will be better.

