

## See where you're at and **PLAN YOUR PROGRESS!**

Identify your food type(s). You can write in the food, glycemic count & calories if you'd like. Customize for your own personal goals!

**CC:** Complex Carbs; **SC:** Simple Carbs; **GF:** Good Fats; **LP:** Lean Protein (*refer to **General Lifestyle Nutrition Goals** for examples*)

DAY OF WEEK	MEAL 1 (Breakfast)	MEAL 2 (Snack)	MEAL 3 (Lunch)	MEAL 4 (Snack)	MEAL 5 (Dinner)	MEAL 6 (Snack)	TOTALS
<b>MONDAY</b>	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
<b>TUESDAY</b>	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
<b>WEDNESDAY</b>	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
<b>THURSDAY</b>	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
<b>FRIDAY</b>	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
<b>SATURDAY</b>	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
<b>SUNDAY</b>	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	
	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	CC SC GF LP	