

The National Institute for Fitness and Sport - Weekly Food Record

Goals for the week: _____

	BREAKFAST	LUNCH	DINNER	SNACKS
<p>SAMPLE</p>	<ul style="list-style-type: none"> • 2 slices of whole wheat toast (2 grains) • 1 t margarine (1 fat) • banana (1 fruit) • 6 oz. orange juice (1 fruit) 	<ul style="list-style-type: none"> • Chicken Caesar Salad - 2 oz. grilled chicken (1 meat) - 2 cups mixed greens (2 veg.) - 1 tb. caesar dressing (1 fat) • 2 breadsticks (2 grains) • 1 cup yogurt (1 milk) 	<ul style="list-style-type: none"> • 3 oz. grilled chicken (1 meat) • 1/2 cup cooked brown rice (1 grain) • 1 t margarine (1 fat) • 1/2 cup cooked broccoli (1 veg.) • 8 oz. skim milk (1 milk) 	<ul style="list-style-type: none"> • 1 oz. mini pretzels (1 grain) • 2 chocolate chip cookies (2 fat) • 6 oz. grape fruit juice (1 fruit)
<p>MONDAY</p>				
<p>TUESDAY</p>				
<p>WEDNESDAY</p>				