



Portion Management

Your Daily Targets

FRUITS:



VEGETABLES:



GRAINS AND STARCHY VEGETABLES:



DAIRY:



FISH, POULTRY, MEATS, AND MEAT ALTERNATIVES:



FATS:



TREATS AND SWEETS (1 Treat = 3 tsp Sugar):



WATER:



EXERCISE:

Food Journal

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

MEDITATION/BREATHING: