

Fats, Oils & Sweets
USE SPARINGLY

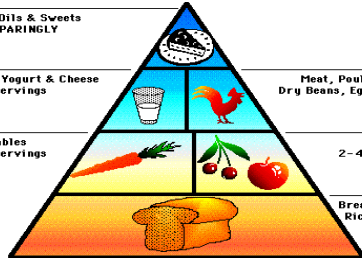
Milk, Yogurt & Cheese
2-3 Servings

Meat, Poultry, Fish
Dry Beans, Eggs & Nuts
2-3 Servings

Vegetables
3-5 Servings

Fruit
2-4 Servings

Bread, Cereal
Rice & Pasta
6-11 Servings



Ghost Town Fitness Center Healthy Eating Plan Worksheet

Week of: _____

Daily Goal (calorie count): _____



remember...
water, water, water
8 glasses per day



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	Calories	Grams of Fat	Calories	Grams of Fat	Calories	Grams of Fat	Calories	Grams of Fat
Breakfast								
Snack								
Lunch								
Snack								
Dinner								
Snack								
Totals								