

HEALTHY LIVING MAKEOVER: DAILY NUTRITION & ENERGY

Let's just be okay with it and change.

GOALS:	Calories	Protein	Carbs	Fats	Vege	Dairy
BREAKFAST		5-6	3-5	5-6	3-5	2
Time: _____ (Eat within one hour of waking)						
SNACK ONE						
Time: _____ (10 AM or 3 PM)						
LUNCH						
Time: _____						
SNACK TWO						
Time: _____ (Either 3 PM or 2 hours before bedtime)						
DINNER						
Time: _____						
TOTALS FOR THE DAY						

- Protein 5-6 Servings of = 1 size of your palm
- Carbs 3-5 Servings of = 1 slice or 1/2 cup
- Fruits 1-3 Servings of = 1 medium size fruit or 1/2 cup fluid
- Veggies 3-5 Servings of = 1 cup raw or 1/2 cup cooked
- Fats 5-6 Serving of = 1 size of thumb
- Dairy 2 Servings = 1/2 cup, nonfat (count a fat too if it isn't nonfat)
- Water 6-8 Serving = 8 fluid ounces
- Caffeine Max 2 Servings = 1 cup
- Alcohol Max 1 Serving = Less than 6 ounces

NOTICE: Check with your medical provider before following any diet or exercise plan.