

## Diet Sheet

*Dairy products: 3-4 servings      *Proteins: meat, poultry, fish, beans, eggs: 3-5 servings(65-70grams)      *Grains: 4-5 servings *Veggies: 4 plus servings      *Fruits: 2 servings      *Fats: good fats      *Water: 6-8 glasses      *Fiber      *Limit Sugars							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
<b>Snack</b>							
<b>Lunch</b>							
<b>Snack</b>							
<b>Dinner</b>							
<b>Snack</b>							
<b>Suggested Improvements</b>							