

| Daily Menu |       |       |       |       |       |       | Proteins | Vegetables | Fruits |  |  |
|------------|-------|-------|-------|-------|-------|-------|----------|------------|--------|--|--|
| Breakfast  |       |       |       |       |       |       |          |            |        |  |  |
| Lunch      |       |       |       |       |       |       |          |            |        |  |  |
| Dinner     |       |       |       |       |       |       |          |            |        |  |  |
| Snack      |       |       |       |       |       |       |          |            |        |  |  |
| Hydrate    |       |       |       |       |       | Toto  | all      |            |        |  |  |
|            | 8 oz.    | 8 oz.      |        |  |  |
| Notes      |       |       |       |       |       |       |          |            |        |  |  |
|            |       |       |       |       |       |       |          |            |        |  |  |
|            |       |       |       |       |       |       |          |            |        |  |  |