


# Daily Food Tracker

WEEK OF: \_\_\_\_\_


**Sunday**

VEG	STARCH	DRINK
SALAD	MAIN	




**Monday**

VEG	STARCH	DRINK
SALAD	MAIN	




**Tuesday**

VEG	STARCH	DRINK
SALAD	MAIN	




**Wednesday**

VEG	STARCH	DRINK
SALAD	MAIN	




**Thursday**

VEG	STARCH	DRINK
SALAD	MAIN	



**Friday**

VEG	STARCH	DRINK
SALAD	MAIN	



**Saturday**

VEG	STARCH	DRINK
SALAD	MAIN	

