

Food Chart

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Weekly Total
Water Bottles (2)								
Oatmeal								
Apple (1)								
Broccoli								
Raw Berries								
Green Tea								
Spinach								
Skinless Chicken Breast								
Salmon or Trout								
Wild Brown Rice								
Bonus Fruit								
Bonus Veggies								
Total Daily								

One point for every time you add one of the identified foods.
 A weekly score of 50 points or more is considered ideal.

- Bonus Fruit – grapefruit, stewed tomatoes, pineapple, oranges, and cherries
- Bonus Veggies – green and yellow beans, brussel sprouts, asparagus spears, cauliflower, peas, and carrots