

DAILY LOG: NO MEAL REPLACEMENTS

LOWER NEEDS

Healthy Protein

Nonstarchy Vegetables

Whole Grains/Beans/Starchy Vegetables

Fruits

Healthy Fats

MODERATE NEEDS

Healthy Protein

Nonstarchy Vegetables

Whole Grains/Beans/Starchy Vegetables

Fruits

Healthy Fats

HIGHER NEEDS

Healthy Protein

Nonstarchy Vegetables

Whole Grains/Beans/Starchy Vegetables

Fruits

Healthy Fats