

| | Breakfast | Lunch | Dinner | Snacks | Goals |
|-----------|-----------|-------|--------|--------|--|
| Monday | | | | | <input type="checkbox"/> 2 fruit <input type="checkbox"/> 1 berry <input type="checkbox"/> 5 veggies <input type="checkbox"/> 1 cruciferous <input type="checkbox"/> 1 leafy green <input type="checkbox"/> Legume <input type="checkbox"/> Whole grain <input type="checkbox"/> Flax/Chia <input type="checkbox"/> Nut/Seed |
| Tuesday | | | | | <input type="checkbox"/> 2 fruit <input type="checkbox"/> 1 berry <input type="checkbox"/> 5 veggies <input type="checkbox"/> 1 cruciferous <input type="checkbox"/> 1 leafy green <input type="checkbox"/> Legume <input type="checkbox"/> Whole grain <input type="checkbox"/> Flax/Chia <input type="checkbox"/> Nut/Seed |
| Wednesday | | | | | <input type="checkbox"/> 2 fruit <input type="checkbox"/> 1 berry <input type="checkbox"/> 5 veggies <input type="checkbox"/> 1 cruciferous <input type="checkbox"/> 1 leafy green <input type="checkbox"/> Legume <input type="checkbox"/> Whole grain <input type="checkbox"/> Flax/Chia <input type="checkbox"/> Nut/Seed |
| Thursday | | | | | <input type="checkbox"/> 2 fruit <input type="checkbox"/> 1 berry <input type="checkbox"/> 5 veggies <input type="checkbox"/> 1 cruciferous <input type="checkbox"/> 1 leafy green <input type="checkbox"/> Legume <input type="checkbox"/> Whole grain <input type="checkbox"/> Flax/Chia <input type="checkbox"/> Nut/Seed |

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|----------|-----------|-------|--------|--------|---|
| Friday | | | | | <input type="checkbox"/> 2 fruit <input type="checkbox"/> 1 berry <input type="checkbox"/> 5 veggies <input type="checkbox"/> 1 cruciferous <input type="checkbox"/> 1 leafy green <input type="checkbox"/> Legume <input type="checkbox"/> Whole grain <input type="checkbox"/> Flax/Chia <input type="checkbox"/> Nut/Seeds |
| Saturday | | | | | <input type="checkbox"/> 2 fruit <input type="checkbox"/> 1 berry <input type="checkbox"/> 5 veggies <input type="checkbox"/> 1 cruciferous <input type="checkbox"/> 1 leafy green <input type="checkbox"/> Legume <input type="checkbox"/> Whole grain <input type="checkbox"/> Flax/Chia <input type="checkbox"/> Nut/Seeds |
| Sunday | | | | | <input type="checkbox"/> 2 fruit <input type="checkbox"/> 1 berry <input type="checkbox"/> 5 veggies <input type="checkbox"/> 1 cruciferous <input type="checkbox"/> 1 leafy green <input type="checkbox"/> Legume <input type="checkbox"/> Whole grain <input type="checkbox"/> Flax/Chia <input type="checkbox"/> Nut/Seeds |