



Nutrition journal

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Veggies							
Veggies							
Veggies							
Veggies							
Veggies							
Fruit/Veg							
Fruit							
Fruit							
Fruit							
Fruit							
Starch vegetable							
Legumes / soy milk							
Whole grains							
Avo (1/2) or 15ml seeds							
Raw nuts (30g)							
Water (4)							
Rooibos tea (4)							
Meat/fish/chicken							
Other							
Other							
Other							