

## My meal evaluation:

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> _____ _____ _____ _____	<b>Breakfast</b> _____ _____ _____ _____	<b>Breakfast</b> _____ _____ _____ _____	<b>Breakfast</b> _____ _____ _____ _____	<b>Breakfast</b> _____ _____ _____ _____
<b>Lunch</b> _____ _____ _____ _____ _____	<b>Lunch</b> _____ _____ _____ _____ _____	<b>Lunch</b> _____ _____ _____ _____ _____	<b>Lunch</b> _____ _____ _____ _____ _____	<b>Lunch</b> _____ _____ _____ _____ _____
<b>Dinner</b> _____ _____ _____ _____ _____	<b>Dinner</b> _____ _____ _____ _____ _____	<b>Dinner</b> _____ _____ _____ _____ _____	<b>Dinner</b> _____ _____ _____ _____ _____	<b>Dinner</b> _____ _____ _____ _____ _____
<b>Snacks</b> _____ _____ _____	<b>Snacks</b> _____ _____ _____	<b>Snacks</b> _____ _____ _____	<b>Snacks</b> _____ _____ _____	<b>Snacks</b> _____ _____ _____

List all the vegetables I ate this week	List all the fruit I ate this week	List all the protein I ate this week	List all the whole grains I ate (not white flour breads, or white pasta or rice)	List all the deserts and snacks

Looking at your vegetables, did you choose a variety of colors and varieties to get necessary vitamins and nutrients? \_\_\_\_\_

How many fried foods did you eat? \_\_\_\_\_

Did I eat whole grain foods vs white flour products? \_\_\_\_\_

How much protein did I eat? \_\_\_\_\_

Do I need to cut back on snacks and deserts I eat? \_\_\_\_\_