Weight_____ **Daily Menu** _____Date

Breakfast

Lunch

Dinner

Snacks

Challenges/Successes

8 Proteins □□□□□□□□ **5 Breads** □□□□□ **2 Milk** □□
4 Vegetables □□□□ **3 Fruits** □□□ **3 Fats** □□□
10 Water □□□□□□□□□□ **3 or 4 Free** □□□□

Exercise _____ **Bible** _____

Pray _____ **Medicine** □□□ **Dishes** □□□

1500 calories per day for an economical balanced diet
www.frugalabundance.com

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