

DAILY:

	SUN	MON	TUES	WED	THUR	FRI	SAT
	/	/	/	/	/	/	/
8-oz milk (milk, cheese, yogurt, ice cream)							
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2 eggs							
Protein (meat, fish, 1.5 c beans, tofu, 3oz cheese)							
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Green vegetable (preferably leafy, 1/4-1/2 cup)							
3 leaves of romaine lettuce per day - preferred in salad							
Grains (1 sl ww bread, 1 tortilla, 1c brown rice, 1c oatmeal, 1c corn)							
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Vitamin C source - Citrus fruit/juice, tomato, pepper, kiwi, melon							
Other fruit							
Other vegetable							
Fat (1t veg oil/real butter/sour cream/real mayo)							
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1-2 quarts of water, juices, herbal tea							

PER WEEK:

Yellow/orange vegetable							
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Yellow/orange vegetable							
Baked potato + skin							
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