

Fit & Full Daily Planner

Date: _____

Intention: _____

Breakfast

	PROTEIN	FIBER
<u>OIKOS PRO YOGURT</u>	25 GR	0 GR
1 CUP BERRIES	1 GR	4 GR
1.5 TB GROUND FLAX	2 GR	2 GR

Lunch

	PROTEIN	FIBER
<u>150 GR/5 OZ CHICKEN</u>	17 GR	0 GR
50 GR AVOCADO (ABOUT HALF)	1 GR	4 GR
2 <u>CORN TORTILLAS</u>	2 GR	2 GR
4 TB <u>SALSA</u>	1 GR	1 GR

Dinner

	PROTEIN	FIBER
5 OZ GROUND BISON	38 GR	0 GR
<u>BROWN RICE MICRO CUP</u>	5 GR	2 GR
<u>1 CUP RICED CAULI</u>	1.5 GR	3 GR

Snacks

	PROTEIN	FIBER
<u>SUNSHINE BAR</u>	2 GR	3 GR
5 OZ GOOD CULTURE LOW FAT COTTAGE CH	18 GR	0 GR
1 CUP BLUEBERRIES	1 GR	4 GR

TOTAL 145 GR 25 GR

PROTEIN GOAL

OTHER GOALS

POTENTIAL TIGGERS

Is there anything in your schedule that may make it challenging to stay healthy?

PLAN

What actions can you take to hit your goals?