

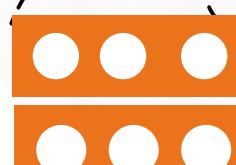


My name is \_\_\_\_\_  
I commit to \_\_\_\_\_  
Given this day \_\_\_\_\_ Month \_\_\_\_\_

## The Food Group Tracker: Calories Made Simple

### 2300 Daily Calorie Tracker

#### 100 Calorie Snack



#### Starch



#### Fruit



#### Protein (3oz serving)



#### Dairy



#### Non-starchy vegetable



#### Healthy fat



#### Free choice



#### Water (20 oz)



See 100 Calorie  
Healthy Snack ebook

Starches are good  
source of  
carbohydrates. Choose  
wisely

Notes:

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*What I Ate Today...*

|                          |  |
|--------------------------|--|
| <b>Breakfast</b>         |  |
| <b>Mid-morning snack</b> |  |
| <b>Lunch</b>             |  |
| <b>Afternoon snack</b>   |  |
| <b>Dinner</b>            |  |
| <b>Evening snack</b>     |  |

