Nutrition Checklist

	sun	mon	tues	wed	thurs	fri	sat
1. milk /dairy	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐
2. extra calcium (as needed)	☐☐	☐☐	☐☐	☐☐	☐☐	☐☐	☐☐
3. eggs	☐☐	☐☐	☐☐	☐☐	☐☐	☐☐	☐☐
4. protein	☐☐☐☐☐☐	☐☐☐☐☐☐	☐☐☐☐☐☐	☐☐☐☐☐☐	☐☐☐☐☐☐	☐☐☐☐☐☐	☐☐☐☐☐☐
5. green veggies	☐☐	☐☐	☐☐	☐☐	☐☐	☐☐	☐☐
6. whole grains	☐☐☐☐☐☐	☐☐☐☐☐☐	☐☐☐☐☐☐	☐☐☐☐☐☐	☐☐☐☐☐☐	☐☐☐☐☐☐	☐☐☐☐☐☐
7. Vitamin C foods	☐☐	☐☐	☐☐	☐☐	☐☐	☐☐	☐☐
8. fats and oils	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐
9. Vitamin A foods	☐	☐	☐	☐	☐	☐	☐
10. liver (once a week)	☐	☐	☐	☐	☐	☐	☐
11. salt	☐	☐	☐	☐	☐	☐	☐
12.water	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐
13. snacks	☐	☐	☐	☐	☐	☐	☐
14. supplements	☐	☐	☐	☐	☐	☐	☐