EAT SMART

Daily Food Intake and Guide ---- Total Servings Per Day

EVENING SNACK	SUPPER	MID- AFTERNOON SNACK	LUNCH	MID-MORNING SNACK	BREAKFAST	MEAL PATTERN	NAME
						MONDAY	
						TUESDAY	
						WEDNESDAY	1
						THURSDAY	
						FRIDAY	WEEK OF
						SATURDAY	
						SUNDAY	