

DAILY VEGETARIAN INTAKE

Date: _____

Food Group	Recommended Servings	Description / Specific Food
Vegetables		Leafy greens, cruciferous, root veggies
Fruits		Whole fruits, berries, citrus
Grains / Starch		Quinoa, brown rice, oats, whole bread
Legumes / Soy		Lentils, beans, tofu, tempeh
Nuts & Seeds		Walnuts, chia, flax, almonds
Dairy / Eggs		Greek yogurt, eggs, cottage cheese
Healthy Fats		Avocado, olive oil, nut butters

Water Intake (Glasses) _____

Supplements (B12, D, etc.) _____

Exercise (Minutes) _____

Daily Reflections & Energy Levels...