

VEGETARIAN NUTRITION TRACKER

Week of: _____

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
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Breakfast

Lunch

Dinner

Snacks

Daily Essentials

Leafy Greens (2+ cups)

Legumes / Beans (1.5 cups)

Whole Grains (3 servings)

Nuts / Seeds (1 oz)

Fruit (2 servings)

Vitamin B12 / Supplement

Hydration & Goals

Water Intake:

Weekly Focus