

VEGAN NUTRIENT & SUPPLEMENT LOG

Week Of: _____

CRITICAL NUTRIENTS	SOURCE / SUPPLEMENT NAME	DOSAGE	M	T	W	T	F	S	S
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Vitamin B12

Vitamin D3

Omega-3
(EPA/DHA)

Iodine / Kelp

Iron

Calcium

Zinc

Multivitamin

Other:

Daily Whole Foods Checklist

â–| Dark Leafy Greens

â–| Legumes / Beans

â–| Nuts / Seeds (Flax/Chia)

â–| Whole Grains

â–| Berries / Fruit

Weekly Observations

Energy levels, digestion, or skin notes...