

CARE

Meal Timing	Breakfast ___ a.m.	Lunch ___ p.m.	Snack ___ p.m.	Dinner ___ p.m.	Daily Check	DAILY PREP
Mon					<input type="checkbox"/> 1/2 plate Leafy & Tender? <input type="checkbox"/> 1/4 plate Fruits, Roots, & Grains (FR&G)? <input type="checkbox"/> 1/4 plate Protein? <input type="checkbox"/> Garnish of Fat? <input type="checkbox"/> Meals 4-5 hours apart?	
Tues					<input type="checkbox"/> 1/2 plate Leafy & Tender? <input type="checkbox"/> 1/4 plate FR&G? <input type="checkbox"/> 1/4 plate protein? <input type="checkbox"/> Garnish of fat? <input type="checkbox"/> Meals 4-5 hours apart?	
Wed					<input type="checkbox"/> 1/2 plate Leafy & Tender? <input type="checkbox"/> 1/4 plate FR&G? <input type="checkbox"/> 1/4 plate protein? <input type="checkbox"/> Garnish of fat? <input type="checkbox"/> Meals 4-5 hours apart?	
Thurs					<input type="checkbox"/> 1/2 plate Leafy & Tender? <input type="checkbox"/> 1/4 plate FR&G? <input type="checkbox"/> 1/4 plate protein? <input type="checkbox"/> Garnish of fat? <input type="checkbox"/> Meals 4-5 hours apart?	
Fri					<input type="checkbox"/> 1/2 plate Leafy & Tender? <input type="checkbox"/> 1/4 plate FR&G? <input type="checkbox"/> 1/4 plate protein? <input type="checkbox"/> Garnish of fat? <input type="checkbox"/> Meals 4-5 hours apart?	
Sat					<input type="checkbox"/> 1/2 plate Leafy & Tender? <input type="checkbox"/> 1/4 plate FR&G? <input type="checkbox"/> 1/4 plate protein? <input type="checkbox"/> Garnish of fat? <input type="checkbox"/> Meals 4-5 hours apart?	
Sun					<input type="checkbox"/> 1/2 plate Leafy & Tender? <input type="checkbox"/> 1/4 plate FR&G? <input type="checkbox"/> 1/4 plate protein? <input type="checkbox"/> Garnish of fat? <input type="checkbox"/> Meals 4-5 hours apart?	