## Daily Food Checklist

Date:		Date:		Date:	
0	Greens	0	Greens	0	Greens
0	Ground flaxseeds	0	Ground flaxseeds	0	Ground flaxseeds
0	Berries	0	Berries	0	Berries
0	Nuts or Nut butter	0	Nuts or Nut butter	0	Nuts or Nut butter
0	Beans	0	Beans	0	Beans
Date:		Date:		Date:	
0	Greens	0	Greens	0	Greens
0	Ground flaxseeds	0	Ground flaxseeds	0	Ground flaxseeds
0	Berries	0	Berries	0	Berries
0	Nuts or Nut butter	0	Nuts or Nut butter	0	Nuts or Nut butter
0	Beans	0	Beans	0	Beans
Date:		Date:		Date:	
0	Greens	0	Greens	0	Greens
0	Ground flaxseeds	0	Ground flaxseeds	0	Ground flaxseeds
0	Berries	0	Berries	0	Berries
0	Nuts or Nut butter	0	Nuts or Nut butter	0	Nuts or Nut butter
0	Beans	0	Beans	0	Beans
Date:		Date:		Date:	
0	Greens	0	Greens	0	Greens
0	Ground flaxseeds	0	Ground flaxseeds	0	Ground flaxseeds
0	Berries	0	Berries	0	Berries
0	Nuts or Nut butter	0	Nuts or Nut butter	0	Nuts or Nut butter
0	Beans	0	Beans	0	Beans
Date:		Date:		Date:	
0	Greens	0	Greens	0	Greens
0	Ground flaxseeds	0	Ground flaxseeds	0	Ground flaxseeds
0	Berries	0	Berries	0	Berries
0	Nuts or Nut butter	0	Nuts or Nut butter	0	Nuts or Nut butter
0	Beans	0	Beans	0	Beans
Date:		Date:		Date:	
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0	Ground flaxseeds	0	Ground flaxseeds	0	Ground flaxseeds
0	Berries	0	Berries	0	Berries
0	Nuts or Nut butter	0	Nuts or Nut butter	0	Nuts or Nut butter
0	Beans	0	Beans	0	Beans
Date:		Date:		Date:	
0	Greens	0	Greens	0	Greens
0	Ground flaxseeds	0	Ground flaxseeds	0	Ground flaxseeds
0	Berries	0	Berries	0	Berries
0	Nuts or Nut butter	0	Nuts or Nut butter	0	Nuts or Nut butter
0	Beans	0	Beans	0	Beans

