

Daily Food Checklist

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans

Date: _____

- Greens
- Ground flaxseeds
- Berries
- Nuts or Nut butter
- Beans