



Kathy Smart PTS, RNC, RSNA
 Registered Nutritional Consultant | Certified Personal Fitness Trainer
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Name: _____

Week: _____

DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7	
Breakfast	Protein <input type="radio"/>	Breakfast	Protein <input type="radio"/>	Breakfast	Protein <input type="radio"/>	Breakfast	Protein <input type="radio"/>	Breakfast	Protein <input type="radio"/>	Breakfast	Protein <input type="radio"/>	Breakfast	Protein <input type="radio"/>
Snack		Snack		Snack		Snack		Snack		Snack		Snack	
Lunch	Protein <input type="radio"/>	Lunch	Protein <input type="radio"/>	Lunch	Protein <input type="radio"/>	Lunch	Protein <input type="radio"/>	Lunch	Protein <input type="radio"/>	Lunch	Protein <input type="radio"/>	Lunch	Protein <input type="radio"/>
Snack		Snack		Snack		Snack		Snack		Snack		Snack	
Supper	Protein <input type="radio"/>	Supper	Protein <input type="radio"/>	Supper	Protein <input type="radio"/>	Supper	Protein <input type="radio"/>	Supper	Protein <input type="radio"/>	Supper	Protein <input type="radio"/>	Supper	Protein <input type="radio"/>
Snack		Snack		Snack		Snack		Snack		Snack		Snack	
Exercise		Exercise		Exercise		Exercise		Exercise		Exercise		Exercise	
water <input type="radio"/>		water <input type="radio"/>		water <input type="radio"/>		water <input type="radio"/>		water <input type="radio"/>		water <input type="radio"/>		water <input type="radio"/>	
whole grains <input type="radio"/>		whole grains <input type="radio"/>		whole grains <input type="radio"/>		whole grains <input type="radio"/>		whole grains <input type="radio"/>		whole grains <input type="radio"/>		whole grains <input type="radio"/>	
fruits <input type="radio"/>		fruits <input type="radio"/>		fruits <input type="radio"/>		fruits <input type="radio"/>		fruits <input type="radio"/>		fruits <input type="radio"/>		fruits <input type="radio"/>	
vegetables <input type="radio"/>		vegetables <input type="radio"/>		vegetables <input type="radio"/>		vegetables <input type="radio"/>		vegetables <input type="radio"/>		vegetables <input type="radio"/>		vegetables <input type="radio"/>	
dairy <input type="radio"/>		dairy <input type="radio"/>		dairy <input type="radio"/>		dairy <input type="radio"/>		dairy <input type="radio"/>		dairy <input type="radio"/>		dairy <input type="radio"/>	
fat <input type="radio"/>		fat <input type="radio"/>		fat <input type="radio"/>		fat <input type="radio"/>		fat <input type="radio"/>		fat <input type="radio"/>		fat <input type="radio"/>	

Vary your Protein Sources! Chicken Beef Fish Eggs Tofu Legumes

Maximum each week! Beer or Wine