



## YOU'VE GOT THIS!

Eating healthy looks different for everyone and figuring out what's right for you can take time! Use this tool either as a meal planner or a food tracker to help you work towards your health goals, save time and money, and become more self-aware of your habits.

Questions? Please visit

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## DAILY RECOMMENDATIONS



### Dairy

Aim for around  
3 dairy foods a day.

Examples of 1 Dairy Food:  
1 cup milk or lactose-free milk,  
1 cup yogurt,  
1/3 cup shredded cheese, or  
1 1/2 ounces hard cheese



### Grains

Aim for around  
6 grains a day.

Examples of 1 Grain:  
1 slice of bread,  
1/2 cup cooked rice,  
1 cup of cereal, or  
1 small tortilla



### Vegetables

Aim for around  
3 vegetables a day.

Examples of 1 Vegetable:  
1 fresh tomato,  
2 cups leafy greens,  
1 cup canned carrots, or  
1 cup broccoli



### Fruits

Aim for around  
2 fruits a day.

Examples of 1 Fruit:  
1 fresh apple,  
1 cup frozen strawberries,  
1 cup canned peaches, or  
1/2 cup dried fruit



### Protein

Aim for around  
6 proteins a day.

Examples of 1 Protein:  
1 oz meat, poultry, or seafood,  
1 egg,  
1 tbsp. peanut butter, or  
1/4 cup cooked beans

Daily recommendations shown here are for adults and are based on the 2020-2025 Dietary Guidelines for Americans and MyPlate.gov

## TIPS FOR SUCCESS



### BE MINDFUL

Take note of energy levels, stress, mood, or stomach issues to better understand your eating patterns and choices.



### PAUSE FOR REFLECTION

Make it your ongoing mission to review your planner or tracker to decide what is working and what is not.



### MANAGE INVENTORY

Check your fridge and pantry prior to meal planning to ensure you are not purchasing ingredients that you already have on hand.



### MAKE IT MAINTAINABLE

Having new meals daily can be difficult to maintain. Try saving your new recipes for weekends or days when you have more time to prepare.



### THEME NIGHTS

Add some fun & flexibility to the planning process! Taco Tuesdays, Pasta Thursdays, Soup Sundays, your family will love it.



### USE LEFTOVERS

Last night's grilled chicken could be tomorrow's chicken tacos. Re-imagining yesterday's meals saves time and money!



### GREAT TASTE

Healthy food can and should taste great! An eating pattern that you truly enjoy, is one that you'll stick with.

**unbottled**<sup>®</sup>

# FOOD FOR THOUGHT

## CHOOSE YOUR GOAL:



**START PLANNING**



**START TRACKING**



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BREAKFAST

LUNCH

DINNER

SNACKS

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

RECOMMENDED  
DAILY SERVINGS:

