

Personalized Eating & Activity Plan

	Menu Plan	Food Group Servings	Calories
Wake-Up Time:			
Morning Meal Time:			
Morning Snack Time:			
Midday Meal Time:			
Afternoon Snack Time:			
Evening Meal Time:			
Evening Snack Time:			
Total Calories (if instructed to keep track):			
Water Servings (not listed above):			
Activity/Exercise:			
Relaxation/Sleep:			

	Recommended Servings	Total Planned/ Consumed Servings	Met Goal
Medical Food			
Proteins			
Legumes, Beans, Peas & Lentils			
Dairy & Dairy Alternatives			
Nuts & Seeds			
Category 1 Vegetable			
Category 2 Vegetable			
Fruits			
Grains & Starches			
Oils & Fats			
Water Servings			

Make copies of this page to record food and activity each day, as well as help plan weekly menus.

You can also download a .pdf of this form at metagenics.com/ultramealcardio360form