

TALLY SHEETS

To help you track your Country Heat Container Plan portions throughout the day, the following pages contain 7 days of Tally Sheets.

First fill in the Container Plan guide at the top of the page with your specific plan and the number of containers you can fill each day.

EXAMPLE

COUNTRY HEAT CONTAINER PLAN: PLAN A							
CONTAINERS							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
	3	2	4	2	1	1	2

Then track each container you fill throughout the day. For example, if you had one Green Container at meal 2 and two Green Containers at meal 5 you would mark your Tally Sheet like the example below, for a total of 3 Green Containers for the day.

EXAMPLE

DAY 1							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1		1	1				
MEAL 2	1						1
MEAL 3		1	1	1			
MEAL 4					1		
MEAL 5	2		1	1			
MEAL 6			1			1	1
TOTAL	3	2	4	2	1	1	2
WATER	1	1	1	1	1	1	1

And don't forget to hydrate. (That's why we've provided the eight water slots at the bottom of the Tally Sheet each day!)

Try to spread your eating across three balanced meals and two snacks, roughly 2–3 hours apart. Having a variety of containers in every meal will help keep your energy levels steady.

COUNTRY HEAT CONTAINER PLAN:							
CONTAINERS							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

Make additional copies of the Tally Sheets for food planning before you fill these in! You can also find a copy of the Tally Sheets at TeamBeachbody.com under GET FIT > WORKOUT SHEETS.

CALORIE TARGET:

CONTAINERS							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
TOTAL							
WATER							