

## FOOD TRACKER

Use this super simple PiYo Food Tracker to help you keep track of daily servings for your individual food plan. We've included an example below based on **Plan A** of the PiYo Get Lean Eating Plan. Although our example shows only 5 meals for that day, we've added an extra line for Meal 6 to give you more flexibility in how you plan your meals.

You can enter your servings directly onto this sheet as long as you have **Adobe Acrobat Reader**. Just use **Adobe Acrobat Reader** to open the file directly after downloading.

Calori	e Target: <b>1,200</b>	- 1,499			
SERVINGS	Primary Vegetables	Secondary Vegetables & Grains	Fresh Fruit	Lean Protein	Healthy Fat
SERVINOS	4	2	2	4	3
DAY:	Primary Vegetables	Secondary Vegetables & Grains	Fresh Fruit	Lean Protein	Healthy Fat
Meal 1	1	1		1	
Meal 2			ı	1	
Meal 3	1			1	- 1
Meal 4	1		1		1
Meal 5	1	1		1	- 1
Meal 6					
Total	4	2	2	4	3

Calori	e Target:				
SERVINGS	Primary Vegetables	Secondary Vegetables & Grains	Fresh Fruit	Lean Protein	Healthy Fat
DAY:	Primary Vegetables	Secondary	Fresh Fruit	Lean Protein	Healthy Fat
Meal 1	, 0	Vegetables & Grains			, , , , , , , , , , , , , , , , , , ,
Meal 2					
Meal 3					
Meal 4					
Meal 5					
Meal 6					
Total					
		Secondary			
DAY:	Primary Vegetables	Vegetables & Grains	Fresh Fruit	Lean Protein	Healthy Fat
Meal 1					
Meal 2					
Meal 3					
Meal 4					
Meal 5					
Meal 6 Total					
- Iolai					
DAY:	Primary Vegetables	Secondary Vegetables & Grains	Fresh Fruit	Lean Protein	Healthy Fat
Meal 1					
Meal 2					
Meal 3					
Meal 4					
Meal 5					
Meal 6					
Total					

DAY:	Primary Vegetables	Secondary Vegetables & Grains	Fresh Fruit	Lean Protein	Healthy Fat
Meal 1					
Meal 2					
Meal 3					
Meal 4					
Meal 5					
Meal 6					
Total					
DAY:	Primary Vegetables	Secondary Vegetables & Grains	Fresh Fruit	Lean Protein	Healthy Fat
Meal 1					
Meal 2					
Meal 3					
Meal 4					
Meal 5					
Meal 6					
Total					
DAY:	Primary Vegetables	Secondary Vegetables & Grains	Fresh Fruit	Lean Protein	Healthy Fat
DAY:	Primary Vegetables	Secondary Vegetables & Grains	Fresh Fruit	Lean Protein	Healthy Fat
	Primary Vegetables	Secondary Vegetables & Grains	Fresh Fruit	Lean Protein	Healthy Fat
Meal 1	Primary Vegetables	Secondary Vegetables & Grains	Fresh Fruit	Lean Protein	Healthy Fat
Meal 1 Meal 2	Primary Vegetables	Secondary Vegetables & Grains	Fresh Fruit	Lean Protein	Healthy Fat
Meal 1  Meal 2  Meal 3	Primary Vegetables	Secondary Vegetables & Grains	Fresh Fruit	Lean Protein	Healthy Fat
Meal 1  Meal 2  Meal 3  Meal 4  Meal 5  Meal 6	Primary Vegetables	Secondary Vegetables & Grains	Fresh Fruit	Lean Protein	Healthy Fat
Meal 1  Meal 2  Meal 3  Meal 4  Meal 5	Primary Vegetables	Secondary Vegetables & Grains	Fresh Fruit	Lean Protein	Healthy Fat
Meal 1  Meal 2  Meal 3  Meal 4  Meal 5  Meal 6	Primary Vegetables  Primary Vegetables	Secondary Vegetables & Grains  Secondary Vegetables & Grains	Fresh Fruit  Fresh Fruit	Lean Protein  Lean Protein	Healthy Fat  Healthy Fat
Meal 1  Meal 2  Meal 3  Meal 4  Meal 5  Meal 6  Total		Vegetables & Grains  Secondary			
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Meal 6 Total  DAY:		Vegetables & Grains  Secondary			
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Meal 6 Total  DAY: Meal 1		Vegetables & Grains  Secondary			
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Meal 6 Total  DAY: Meal 1 Meal 2		Vegetables & Grains  Secondary			
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Meal 6 Total  DAY: Meal 1 Meal 2 Meal 3		Vegetables & Grains  Secondary			
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Meal 6 Total  DAY: Meal 1 Meal 2 Meal 3 Meal 4		Vegetables & Grains  Secondary			

Remember, everybody is different, so if you have any unique or special medical needs or conditions, such as food allergies, dietary restrictions, or if you are pregnant or breast feeding, please make sure you consult your medical provider before starting this eating plan.

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