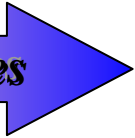


Menu Plan Worksheet + Shop List

**Healthy Changes**



	BREAKFAST	SNACKS	LUNCH	SNACKS	DINNER
MON					
TUES					
WED					

DAIRY, EGGS	FROZEN	VEGETABLES, FRUIT	OTHER
MEAT	GRAIN, BEANS		

Concentrated Protein	___	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
Category 1 Vegetables	4+	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/>
Category 2 Vegetables	___	1 <input type="checkbox"/> 2 <input type="checkbox"/>
Dairy	___	1 <input type="checkbox"/> 2 <input type="checkbox"/>
Fruit	___	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>
Grains	___	1 <input type="checkbox"/> 2 <input type="checkbox"/>
Legumes	___	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>
Nuts and Seeds	___	1 <input type="checkbox"/> 2 <input type="checkbox"/>
Oils	___	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/>
Ultra Meal Bars or Shakes	___	1 <input type="checkbox"/> 2 <input type="checkbox"/> (=2x [1 Gr + Nut, or Dairy, 1/2 Conc Pro])

**Central Valley Chiropractic**  
**JAY THOMAS HOBBS, D.C.**  
 (559) 635 - 8266

**Menu Plan Worksheet + Shop List**



	<b>BREAKFAST</b>	<b>SNACKS</b>	<b>LUNCH</b>	<b>SNACKS</b>	<b>DINNER</b>
<b>THUR</b>					
<b>FRI</b>					
<b>SAT</b>					
<b>SUN</b>					