



## 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.

### Example:

Calorie Target: 1,200 - 1,499					
SERVINGS	Primary Vegetables	Secondary Vegetables & Grains	Fresh Fruit	Lean Protein	Healthy Fat
	4	2	2	4	3
DAY:	Primary Vegetables	Secondary Vegetables & Grains	Fresh Fruit	Lean Protein	Healthy Fat
Meal 1	1	1		1	
Meal 2			1	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

## Calorie Target:

SERVINGS	Primary Vegetables	Secondary Vegetables & Grains	Fresh Fruit	Lean Protein	Healthy Fat

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
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
Meal 1					
Meal 2					
Meal 3					
Meal 4					
Meal 5					
Meal 6					
Total					

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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