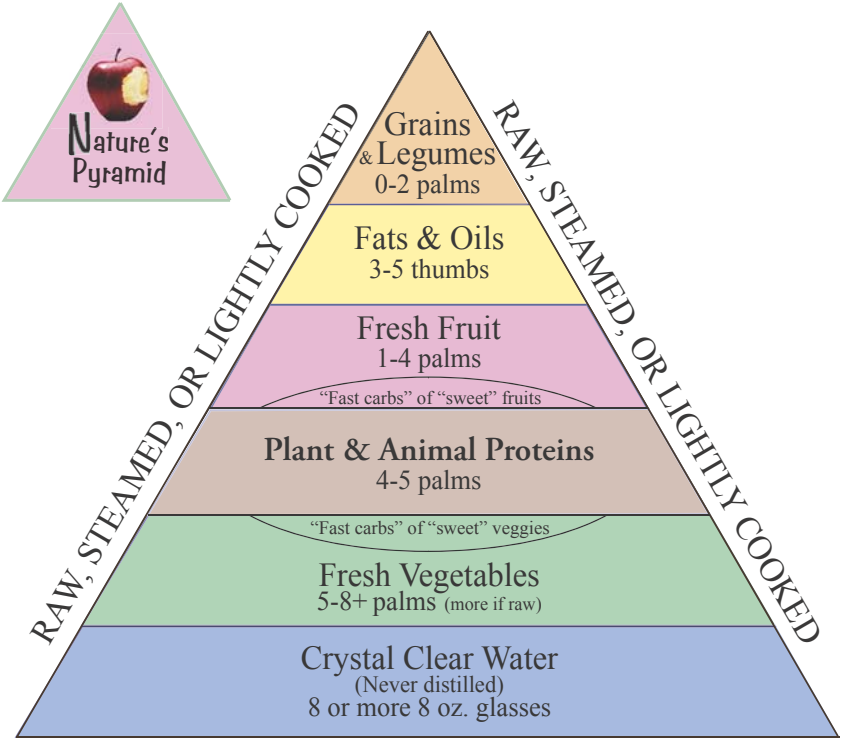
Use the grease pencil to record your day on this reference card.



RAW, STEAMED, OR LIGHTLY COOKED

Each day: At a minimum, fill all clear squares ☐;
and stop when all shaded squares ▢ are full.

Grains	▢▢	Use size of palm; (Okay to have 0 servings when using grains as protein)
FAts	☐☐☐▢▢	Use size of thumb; mark ½ square if a protein is high in fat
FRuits	☐▢▢▢	Use size of palm; whole fruits are sometimes perfect for sharing
Proteins	☐☐☐☐▢	Use size of palm; and mark ½ FAts square too if high in fat
Veggies	☐☐☐☐☐▢▢▢?	Raw unlimited; but use size of palm if cooked
Water	☐☐☐☐☐☐☐☐?	Log only the crystal clear water you drink

The importance here is not in being 'precise'
... but in being 'present' with what you consume.