Create a Healthier Plate Challenge

Food Journal

Use this sheet as a food journal to keep track of your progress!

WEEK 1	Examples of non-starchy vegetables I used to fill ½ my plate/meal: I felt positive, neutral, and/or negative about this week:
WEEK 2	Examples of meals/plates that were ½ non-starchy vegetables + ¼ starchy veg or grains: I felt positive, neutral, and/or negative about this week:

Name _____ **Department** _____

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WEEK 3	Example(s) of meals/plates that were ½ non-starchy vegetables + ¼ starchy vegetables or grains + ¼ protein: I felt positive, neutral, and/or negative about this week:
WEEK 4	Favorite way(s) I enjoyed well-balanced meals throughout this challenge: Areas of improvement:

Name _____ **Department** _____

Additional Comments:

Name _____ Department _____