

Daily Checklist

Month: _____

Servings	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Vegetables																															
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Vegetables																															
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Vegetables																															
Fruit																															
Fruit																															
Fruit																															
Fruit																															
Grains																															
Grains																															
Grains																															
Nuts & Seeds																															
Legumes (Beans)																															
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* B12 Supplement																															
* Vitamin D Supplement																															
* Omega 3																															
* Iodine																															
Water (8 oz)																															
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1 serving veggies or greens = 1 cup raw or 1/2 cup cooked or 1/2 cup juice 1 serving fruit = 1 medium whole fruit or 1/4 cup chopped or 1/4 cup dried 1 serving berries = 1/2 cup fresh or frozen or 1/4 cup dried																	1 serving grain = 3 cups popcorn, 1 slice bread, 1 cup cold or 1/2 cup hot cereal 1 serving nuts = 1/4 cup nuts/seeds or 2 tablespoons nut butter 1 serving legumes (beans) = 1/4 cup hummus or 1/2 cup cooked beans														

* Please check the Essential Nutrients section to ensure you are getting the recommended daily amounts
 ** The following chart was adapted from Michael Greger's daily dozen, as seen in his book "How Not to Die"