



A Fresh Start Menu

What I Know About the Food I Eat

Make a truthful list of what you know

Foods I eat and love that are good for me:	
Foods I eat and love that are not good for me:	
Foods I eat too little of:	
Foods I eat too much of:	
Foods in my home right now that help create the life and body I want:	
Foods in my home right now that sabotage the body I want:	

Your Healthier Choices Chart

Meals	Starter Ideas	Healthier Choices
Breakfast		
Lunch		
Dinner		
Snacks		

My Menu Plan for the Week

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							

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