

Use the foods you love to build nutritious meals

Nutrition can be so confusing! But this worksheet keeps it basic for you. Simply put a check mark next to the foods you like. Be sure you check foods in all three categories.

Select your favorite foods

Carbohydrates	Lean Proteins	Healthy Fats
<input type="checkbox"/> Any vegetables	<input type="checkbox"/> Meat, poultry, fish	<input type="checkbox"/> Avocado
<input type="checkbox"/> Any fruits	<input type="checkbox"/> Low-sodium canned meats	<input type="checkbox"/> Seeds: sesame, sunflower, and pumpkin
<input type="checkbox"/> Whole-grain bread or buns	<input type="checkbox"/> Low-fat deli meats	<input type="checkbox"/> Nuts
<input type="checkbox"/> Whole-grain pasta	<input type="checkbox"/> Low-fat or skim cheese	<input type="checkbox"/> Olives
<input type="checkbox"/> Whole-grain pita, tortillas, English muffins, or crackers	<input type="checkbox"/> Low-fat or skim Greek yogurt	<input type="checkbox"/> Almond butter
<input type="checkbox"/> Quinoa, buckwheat, bulgur, Kashi®, or other whole grains	<input type="checkbox"/> Low-fat or skim cottage cheese	<input type="checkbox"/> Natural peanut butter
<input type="checkbox"/> Air-popped popcorn	<input type="checkbox"/> Eggs or egg whites	<input type="checkbox"/> Cold-water fish
<input type="checkbox"/> Oatmeal	<input type="checkbox"/> Tofu	<input type="checkbox"/> Oils: olive, canola, and flaxseed
<input type="checkbox"/> Brown rice	<input type="checkbox"/> Tempeh	

Continued on next page

Build a meal plan

Using the foods you checked, fill in a daily meal plan for yourself below. Be sure to choose foods from each category, write in a quantity for each food item, and keep your vegetable intake high. Use the sample plan below as a guide.

Sample 1800 Calorie Meal Plan

Create Your Own

Day 1	Qty	Day 1	Qty
Breakfast		Breakfast	
Banana	1 med		
Low-sugar oatmeal	1 pkt		
Plain 0% Greek yogurt	8 oz		
Walnuts	7 halves		
430 calories			
Snack		Snack	
String cheese	1 stick		
Celery stalks	2		
Peanut butter	1 Tbsp		
180 calories			
Lunch		Lunch	
Whole-grain crackers	10		
Tuna in water	1 pkt		
Avocado	½ med		
Baby carrots	15		
2% cottage cheese	1 cup		
510 calories			
Snack		Snack	
Hard-boiled eggs	2		
Grapes	1 cup		
220 calories			
Dinner		Dinner	
Quinoa, cooked	1 cup		
93% ground turkey	3 oz		
Mixed Vegetables	1.5 cups		
Dark chocolate square	2 small		
460 calories			

MEAL PLAN GROCERY LIST

Fill in this list from the food items in your meal plan.

CARBOHYDRATES

PROTEINS

FATS

Call your health coach if you have questions.

ActiveHealth and MyActiveHealth are registered or service marks of ActiveHealth Management, Inc.
©2014 ActiveHealth Management, Inc. All Rights Reserved.