



SIX-WEEK HEALTHY EATING RECORD

Week ____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Protein	●●●●●●	●●●●●●	●●●●●●	●●●●●●	●●●●●●	●●●●●●	●●●●●●
Carbohydrate	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
Vegetables	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
Fruit	●●	●●	●●	●●	●●	●●	●●
Dairy	●●	●●	●●	●●	●●	●●	●●
The rest ...	●●	●●	●●	●●	●●	●●	●●

Week ____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Protein	●●●●●●	●●●●●●	●●●●●●	●●●●●●	●●●●●●	●●●●●●	●●●●●●
Carbohydrate	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
Vegetables	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
Fruit	●●	●●	●●	●●	●●	●●	●●
Dairy	●●	●●	●●	●●	●●	●●	●●
The rest ...	●●	●●	●●	●●	●●	●●	●●

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Carbohydrate	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
Vegetables	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
Fruit	●●	●●	●●	●●	●●	●●	●●
Dairy	●●	●●	●●	●●	●●	●●	●●
The rest ...	●●	●●	●●	●●	●●	●●	●●

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Protein	●●●●●●	●●●●●●	●●●●●●	●●●●●●	●●●●●●	●●●●●●	●●●●●●
Carbohydrate	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
Vegetables	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
Fruit	●●	●●	●●	●●	●●	●●	●●
Dairy	●●	●●	●●	●●	●●	●●	●●
The rest ...	●●	●●	●●	●●	●●	●●	●●

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Carbohydrate	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
Vegetables	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
Fruit	●●	●●	●●	●●	●●	●●	●●
Dairy	●●	●●	●●	●●	●●	●●	●●
The rest ...	●●	●●	●●	●●	●●	●●	●●

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Fruit	●●	●●	●●	●●	●●	●●	●●
Dairy	●●	●●	●●	●●	●●	●●	●●
The rest ...	●●	●●	●●	●●	●●	●●	●●

This is not a reducing diet. This is a diet for people who are in good health and not overweight or under-weight. If you don't fall into that category you will need specialist advice. Please read with instructions on the website at <https://saytomato.org/2019/11/15/the-good-life/>

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