

# WEEKLY DIET TRACKER

SUN MON TUES WED THU FRI SAT



Milk Products

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Eggs

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Protein-Rich Foods

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Green Vegetables

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Vegetables

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Whole Grains

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Vitamin C Source

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Fats

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Fruits

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Water

(1/2 your weight in oz)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Prenatal Vitamin

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Omega Supplement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Probiotics

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Red Raspberry Leaf Tea

(# cups correspond with trimester)

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WEEKLY:

Yellow/Orange Fruit or Vegetable:

Baked Potato:

Liver:



# DAILY SUGGESTIONS

Milk Products	4 servings: milk, cheese, yogurt, ice cream, etc.
Eggs	2 eggs: hard boiled, in french, toast, or added to other foods
Protein-Rich Foods	2 servings: fish/seafood, liver, chicken, lean beef, lamb, pork, beans, or cheese
Green Vegetables	2 servings: spinach, mustard/collard/turnip greens, lettuce, or cabbage
Vegetables	1 serving: other vegetables
Whole Grains	4 servings: whole wheat bread, cornmeal, cornbread, tortillas, brown rice, oatmeal, granola, etc.
Vitamin C Source	1 serving: citrus fruit, tomato, grapefruit, strawberry
Fats	3 servings: 1 Tb butter, extra virgin olive oil, etc.
Fruits	1 serving: other fruits
Water (1/2 your weight in oz)	Drink 1/2 of your body weight in ounces. (ex. 180 lb = 90 oz water per day)
Prenatal Vitamin	Don't forget your daily prenatal vitamins!! (Preferably food-based with folate)
Omega Supplement	Omegas help baby's brain to grow!
Probiotics	Probiotics help with digestion.
Red Raspberry Leaf Tea (# cups correspond with trimester)	Red Raspberry Leaf strengthens & tones the uterus. Drink 1 glass per day in the 1st trimester, 2 per day in the 2nd, 3 per day in the 3rd, and even more in the last few weeks of pregnancy!
Yellow/Orange Fruit/Vegetable	5 servings per week: Bananas, oranges, peppers, squash, etc.
Baked Potato	3 servings per week
Liver	1 serving per week (if you like liver!)



# PROTEIN INTAKE

The recommended protein intake is 100 grams per day,  
or 120+ per day for twins!

## Dairy

Milk (1 cup) = 8 grams  
Hard Cheeses (1 oz) = 7 grams  
Cottage Cheese (1/2 cup) = 12 grams  
Ice Cream (1 cup) = 7 grams  
Yogurt (1 cup) = 7 grams  
Butter (1 Tb) = 0.1 gram

## Meat

Beef (3 oz) = 20 grams  
Chicken (3 oz) = 25 grams  
Turkey (3 oz) = 27 grams  
Pork (3 oz) = 21 grams  
Liver (3 oz) = 22 grams  
Egg (1) = 6 grams  
Hot dog (1) = 7 grams

## Fish

Salmon (3 oz) = 16 grams  
Tilapia (3 oz) = 22 grams  
Halibut (3 oz) = 22 grams

## Carbohydrates

Potato (1) = 2 grams  
Brown Rice (1 cup) = 6 grams  
Corn (1 cup) = 5 grams  
Noodles (1 cup) = 6 grams  
Bread (1 slice) = 2 grams  
Crackers (4 saltines) = 1 gram  
Tortillas (1) = 1.2 grams

## Cereal

Cheerios (1 cup) = 3 grams  
Granola (1/4 cup) = 4 grams  
Shredded Wheat (2/3 cup) = 3 grams

## Nuts

Peanut Butter (1 Tb) = 4 grams  
Peanuts (1/4 cup) = 9 grams  
Walnuts (1/4 cup) = 6 grams

## Beans

Pinto Beans (1/2 cup) = 7 grams  
Navy Beans (1/2 cup) = 7 grams  
Kidney Beans (1/2 cup) = 7 grams

## Fruits, Juice

Apple (1) = 0.3 grams  
Orange (1) = 1.6 grams  
Peach (1) = 0.6 grams  
Cantaloupe (1/4) = 1 gram  
Vegetable Juice (4 oz) = 1 gram  
Grape Juice (4 oz) = 0.3 grams  
Orange Juice (1/2 cup) = 1 gram

## Vegetables

Carrot (1) = 0.6 grams  
Celery (1 stalk) = 0.3 grams  
Lettuce (1/2 cup) = 0.3 grams  
Tomato (1) = 1 gram  
Spinach (1/4 cup) = 1 gram  
Cabbage (1/2 cup cooked) = 1.2 grams  
Green beans (1/2 cup) = 0.8 grams

## Soups

Vegetable Soup (1 cup) = 3 grams  
Beef Broth (1 cup) = 5 grams  
Chicken Noodle (1 cup) = 3.4 grams  
Chili with Beans (1 cup) = 18 grams