Foundations of Nutrition

Weekly action worksheet • Check each step and write what worked for you.

☐ Complete the nutrition assessment

- ☐ Note what you typically eat and drink on a normal day.
- ☐ Identify one meal where you could add produce or a fiber-rich food.
- ☐ Pick one small change to try this week.

MY FIRST NUTRITION CHANGE

☐ Plan 3 balanced meals using the Healthy Plate Method

- ☐ Choose a vegetable or fruit for each meal.
- ☐ Add a protein and a whole grain or other fiber-rich starch.
- ☐ Write down three combinations you would actually enjoy.

MY THREE BALANCED MEALS

Foundations of Nutrition

Weekly action worksheet • Check each step and write what worked for you.

☐ Track your meals in the provided journal

- ☐ Jot down meals and snacks without judging them.
- ☐ Notice when you feel satisfied or hungry again.
- ☐ Look for one pattern you want to keep or change.

A PATTERN I NOTICED

☐ Join the Week 1 group discussion

- ☐ Share one balanced meal idea in the Facebook group if you feel comfortable.
- ☐ Ask for a practical swap or recipe from the community.
- ☐ Keep any health details private unless you choose to share them.

IDEA OR QUESTION FOR THE GROUP