

MEETING 1 RESOURCES

TALK TIME

Food Journal (Requirement 2)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast							
Lunch							
Snack							
Dinner							

Note: Write a *G* after each grain, an *F* after fruits, an *M* after milk or dairy products, a *V* after vegetables, and a *P* after meat, beans, or other foods that are high in protein. Aim for a balanced diet every day, and monitor your success during the week. If you need advice, check with your den leader or another trusted adult.