



Nuleeu

— Nutrition and Wellness .LLC —

Nuleeu in 12 / Week 2, Day 3

Nutrition 101 Daily Checklist:

1. Use this daily checklist to mark off when you fulfill each nutrition 101 daily recommendation.
2. Write in your own individual nutrition goal in the bottom row.

Goal Fulfilled ✓	Nutrition 101 Daily Recommendation
	I avoided skipping meals
	I filled half my plate with fruits and vegetables at each meal
	I focused on whole foods
	I chose whole grains most often
	I ate a variety of foods
	I limited saturated fat
	I limited sodium
	I limited added sugar
	I included water with meals
	I kept a water bottle with me most of the day