

Healthy Foods List

Health Goal:

Progress Tracker:

Week 1:

Week 2:

Week 3:

Week 4:

Note: Keep adding weekly progress and any new goals as you move forward.

Fruits

- _____
- _____
- _____
- _____
- _____
- _____

Vegetables

- _____
- _____
- _____
- _____
- _____
- _____

Whole Grains

- _____
- _____
- _____
- _____
- _____
- _____

Lean Proteins

- _____
- _____
- _____
- _____
- _____
- _____

Fish and Seafood

- _____
- _____
- _____
- _____
- _____
- _____

Nuts and Seeds

- _____
- _____
- _____
- _____
- _____
- _____

Healthy Fats

- _____
- _____
- _____
- _____
- _____
- _____

Dairy/Dairy Alternatives

- _____
- _____
- _____
- _____
- _____
- _____

Legumes

- _____
- _____
- _____
- _____
- _____
- _____

Herbs and Spices

- _____
- _____
- _____
- _____
- _____
- _____