

My name is _____, and every day I take care of my body!

How many times I need to eat healthy!	My Super Healthy Food Choices!	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 serving	Power Fruit							
1 serving	Supercool Fruit							
1 serving	Rockin' Veggies							
1 serving	Supercool Veggies							
1 serving	Powerpacked Veggies							
1 serving	Awesome Veggies							
1 serving	Power Protein (beans, chicken, eggs, fish, beef and more!)							
1 serving	Supersmart Protein							
1 serving	Powerful Protein							
1 serving	Supersmart whole grains							
1 serving	Way to go whole grains							
Bonus	Today I tried a new food!							