

NO Excuses™

Workout System

Daily Food Log

Keeping a daily food log will help you track what you eat and will also help you as you concentrate on getting all the foods needed to promote good health. You may find it helpful to photocopy this log and use it every day. You can also download the log at: www.MomentumFS.com.

Vegetables

- 4-6 servings daily
- Serving size = 1 cup raw leafy greens or 1/2 cup cooked vegetables
- **Servings:**

Fruit

- 2-3 servings daily
- Serving size = 1 medium piece of fruit; 1/2 cup fresh-cut fruit (for example, berries and melons); 1/4 cup unsweetened and unsulfured dried fruit
- **Servings:**

Complex Carbohydrates

- 1-3 servings daily
- 1 serving = 1/2-1 cup cooked grains or 1/2 cup cooked starchy vegetables
- Whole grains, such as oats, brown rice, wild rice, barley, quinoa
- Starchy vegetables, such as squash, sweet potatoes, parsnips
- **Servings:**

Protein

- 2-3 servings daily
- Serving size = size of your fist
- Animal proteins, such as eggs, fish, seafood, chicken, turkey, pork, beef, and other lean meats
- Vegetable proteins, such as beans, nuts, seeds, and soy products
- **Servings:**

Water

- Start with (8) 8-oz. glasses daily **OR**
- Refill a 32-oz. water bottle throughout the day according to your specific daily requirements
- **Servings:**

Good Fats

- 1-2 Tbsp of oil **OR**
- 1-2 small handfuls of nuts or seeds
- Healthy fats from olive oil, nut and seed oils, and flaxseed oil (Note: Flaxseed oil should not be heated.)
- **Servings:**

Keep to a Minimum

- Simple carbohydrates (sugar, white flour, white rice, pasta)
- Highly processed foods (boxed or canned foods, cookies, chips, packaged snacks)
- Bad fats (fried foods, hydrogenated oils)
- Other (soda, coffee, alcohol, caffeinated beverages)