

BALANCED NUTRITION FOR MAINTENANCE

BUILDING SUSTAINABLE EATING HABITS

PARTICIPANT'S NAME: _____ DATE _____



Module Two

Nutritional Reflection

What worked well nutritionally during the Reset phase?

What challenges did I face with meals or cravings?

Nutritional Reflection

Day	Breakfast	Lunch	Dinner	Snacks

Nutrition Tracker

Meal	Proteins(g)	Fats(g)	Carbs(g)	Notes