

Vegetarian Weekly Diet Tracker

Date:	/ /				
Group	Servings Today	Goal	+	-	=
Breads		6 to 11			
Vegetables		3 to 5			
Fruits		2 to 4			
Diary		3 to 4			
Meat Alternative		2 to 3			
Water		1 Liter			
Multivitamin		1			

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