

COULD A SLIM, HEALTHIER YOU, BE JUST A TICK AWAY ? ? ?

EVERY TIME YOU EAT A PORTION OF FOOD PUT A TICK IN THE APPROPRIATE COLUMN

	(1)	(2)	(3)	(4)
Day of Week	Fresh fruit, vegetables, (pref. green/orange/red (eg broccoli, cabbage, carrots, tomatoes etc) salads, nuts, seeds, pulses, etc.	Fish, lean meat, eg chicken, turkey, (red meat no more than once a week) yoghurts, soya milk, etc.	Potatoes, bread, pasta, rice, etc.	All sugary, fatty treats, eg chocolates, sweets, crisps, cakes, biscuits, buns, sausage rolls, pies, etc. Beers, fizzy drinks, etc.
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

Remember, the majority of the ticks should appear in column (1)
 a lesser number in column (2)
 a much lesser number in (3)
 and hopefully column (4) is empty

YOU WILL BE EATING HEALTHILY