

# CORE DE FORCE™








## FOOD TRACKER

We created this super-simple Food Tracker to help you keep track of your servings while you follow the CORE DE FORCE™ Eating Plan.








You can fill out a copy on your computer or print multiple copies to fill out by hand.

First fill in the Food Tracker at the top of the page with your specific plan and the number of servings of each category you can eat each day.

### Sample day

CORE DE FORCE EATING PLAN: A (1,200 - 1,499)							
SERVINGS							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
		3	2	4	2	1	1

Then track each portion you eat throughout the day. For example, if you had two servings of Veggies at lunch and one serving at dinner, you would mark your Food Tracker like the example below for a total of three servings of Veggies for the day.








DAY							
1	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
BREAKFAST		1	1				
SNACK				1			1
LUNCH	2	1	1		1	1	
SNACK			1				1
DINNER	1		1	1			
<b>TOTAL</b>	<b>3</b>	<b>2</b>	<b>4</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>2</b>
WATER	1	1	1	1	1	1	1








And don't forget to hydrate. (That's why we've provided the eight water slots at the bottom of the Food Tracker each day!)








**IMPORTANT:** If you have any unique or special medical needs or conditions, such as food allergies, dietary restrictions, issues with blood sugar regulation, or if you are pregnant or breastfeeding, please consult your physician before starting this nutrition plan.








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Try to spread your eating across three balanced meals and two snacks, roughly 2–3 hours apart.  
 Having a variety of food groups in every meal will help keep your energy levels steady.

CORE DE FORCE EATING PLAN:							
SERVINGS							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
TOTAL							
WATER							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
TOTAL							
WATER							

DAY							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
TOTAL							
WATER							