

30-Day Balanced Plate Challenge Tracker

How to Use This Tracker

Welcome to the 30-Day Balanced Plate Challenge!

Each day, aim to build meals that include:

- Lean Protein
- Whole Grains
- Vegetables
- Fruits
- Healthy Fats

Use this tracker to log your meals and snacks each day. Write down what you ate for breakfast, lunch, dinner, and snacks. Use the notes section to reflect on how you felt, what worked well, or what you'd like to improve.

Let's build healthy habits one plate at a time!

30-Day Meal Tracker

Day	Breakfast	Lunch	Dinner	Snacks	Notes
1					
2					
3					
4					
5					

"Your body deserves the best."

6					
7					
8					
9					
10					

"Healthy eating is a form of self-respect."

11					
12					
13					
14					
15					

"Small changes make a big difference."

16					
17					
18					
19					
20					

"Nourish to flourish."

21					
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22					
23					
24					
25					

"Every plate is a chance to nourish your body."

26					
27					
28					
29					
30					

"Progress, not perfection."

30-Day Reflection

Congratulations on completing the 30-Day Balanced Plate Challenge!

Take a moment to reflect on your journey:

- What changes did you notice in your energy, mood, or health?
- What meals did you enjoy the most?
- What habits would you like to continue?

Write your thoughts below:
