

30-Day Balanced Plate Challenge Tracker

Meal Tracker & Reflection Journal

How to Use This Tracker

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. Reflect on what worked well and what you'd like to improve.

Day	Breakfast	Lunch	Dinner	Snacks	Notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

“Your body deserves the best.”

“Healthy eating is a form of self-respect.”

Day	Breakfast	Lunch	Dinner	Snacks	Notes
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

“Small changes make a big difference.”

“Nourish to flourish.”

Day	Breakfast	Lunch	Dinner	Snacks	Notes
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					

“Every plate is a chance to nourish your body.”

“Progress, not perfection.”

30-Day Reflection