



Use this handout to track your progress each week and log your meals.

Additional information and resources can be found in your Eat Well packet and at gatorcare.org/shift.

Week 1: Salad a Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Track your successes each day.	I did it! <input type="checkbox"/>	I did it! <input type="checkbox"/>	I did it! <input type="checkbox"/>	I did it! <input type="checkbox"/>	I did it! <input type="checkbox"/>	I did it! <input type="checkbox"/>	I did it! <input type="checkbox"/>	
Week 2: Meal Planning	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Use the Meal Planner in your packet to map out your meals for the week. Continue to incorporate a salad a day.	I ate salad! <input type="checkbox"/>	Complete the Meal Planner handout in your packet.			I ate salad! <input type="checkbox"/>			

How to Build a Strong Salad:

1. **Start with a base of dark, leafy greens** like spinach, spring mix, kale or romaine.
2. **Pile on colorful veggies** like mushrooms, broccoli, snap peas, peppers, or tomatoes.
3. **Pack on the protein.** Choose lean proteins.
4. **Freshen with fruit** like apple or pear slices, berries, or pomegranate seeds.
5. **Finish with a touch of extras** like a tablespoon of cheese and no more than two tablespoons of homemade dressing.

Check out more tips & recipes at gatorcare.org/shift.

Meal Plan Like a Pro:

1. **Use the Meal Planner** in your packet to map out your meals for the week.
2. **Consider everyone's schedule.** Are there days you know you'll eat out? Are there days you know you'll be extra tight on time?
3. **Build in a salad a day**, either for lunch or dinner.
4. **Pick several meals** that you'd like to cook this week.
5. **Identify a few options** for breakfasts and lunches.
6. **Build in leftovers** for lunches or quick dinners. Can you repurpose any foods from previous meals to make a new meal?
7. **Record your favorites.** Start a list of "go-to" meals.

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