

Example Day – How to Count Points/Use the Tracker

Breakfast:

½ cup of Greek yogurt w/
 ¼ cup of blueberries (1PP)
 ¼ cup of walnuts (1PP)
 1 Tbsp of chia seeds (1PP)
 1 cup of coffee w/almond milk

Lunch:

Butter lettuce salad (1PP) w/
 4 oz of salmon
 ¼ cup cherry tomatoes (1PP)
 ¼ cup walnuts (1PP)
 ¼ cup carrots (1PP)
 Bottled salad dressing and 2 packaged cookies

Snack:

Almond flour crackers w/
 ¼ cup hummus (1PP)
 1 large carrot (1PP)
 1 dill pickle (1PP)

Dinner:

4 oz pork chop
 ½ cup sauteed zucchini (1PP)
 Baked potato (1PP) w/butter and chives (1PP)
 ½ cup strawberries (1PP) w/ whipped cream

Wellness Points: I did NOT have any alcohol (3pts), I also did 5min of deep breathing (3pts), and took a 30min walk (3pts)

• WEEK 1: January 3-9 •							
PLANT POINTS	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	3						
Lunch	4						
Dinner	4						
Snacks	3						
WELLNESS (3pts/ea)							
No Dairy							
No Processed Food							
No Added Sugar							
No Alcohol	3						
5-10min Meditation	3						
7 hours of sleep							
No food after 8pm							
20min Movement	3						
TOTALS	23						