

Dr. Clyde Wilson: 5-Day Nutrient Planner & Diary

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Approximate amounts of foods from each food group per 400-500 Calorie meal:

Unsat Fat: in thumbs	Protein: ½-1 palm	Produce: fruit, veggie	Starch: ½-1 palm
Avocado: 4 thumbs	Soy, salmon, sardine	2-4 fists salad:	Legumes: Beans, lentil
Seeds: flax, sunflower 2, 3	Poultry: chicken, turkey	mixed greens, spinach	
Nuts, olives, dressing: 2	Lean animal meats		Visually coarse whole
Vegetable / olive oil: 1	Egg: protein is in white	1 fist raw vegetables	grains cereal: Rice, corn,
Nut butter: 1 thumb	Cottage cheese	1 fist light cooked veggies	wheat (pasta, bread), oats,
Also a protein:	1 fist yogurt milk legume		quinoa, etc
Soy, salmon, sardine ½-1 palm	Eat <7% Cal as animal fat	Optional fruit	Tubers: yams, potato

Record Keeper: Fill in the blocks for your day

	Unsaturated Fat	Protein	Produce	Starch
Mark TIME by each meal.	Avocado, seeds, nuts, olive, veg.oil/dressing soy, salmon, sardine	soy, salmon, sardine, poultry, egg, dairy, lean meat	Dark-green salad, colorful veggies, colorful fruit	Lentil, beans, yam, WG bread/pasta/rice cereal, oats, potato
Breakfast				
Lunch				
Dinner				
Snacks				
Snacks				

HYDRATION NOTES:

GENERAL NOTES (cravings, hunger, too busy, and other barriers to healthy eating):

Day 2

Breakfast TIME:				
Lunch TIME:				
Dinner TIME:				
Snacks				
Snacks				

HYDRATION NOTES:

GENERAL NOTES:

Day 3

	Unsaturated Fat	Protein	Produce	Starch
Mark TIME by each meal. 8 cups water spaced through day.	Avocado, seeds, nuts, olive, veg.oil/dressing soy, salmon, sardine	soy, salmon, sardine, poultry, egg, dairy, lean meat	Dark-green salad, colorful veggies, colorful fruit	Lentil, beans, yam, WG bread/pasta/rice cereal, oats, potato
Breakfast				
Lunch				
Dinner				
Snacks				
Snacks				

HYDRATION NOTES:

GENERAL NOTES:

Day 4

Breakfast				
Lunch				
Dinner				
Snacks				
Snacks				

HYDRATION NOTES:

GENERAL NOTES:

Day 5

Breakfast				
Lunch				
Dinner				
Snacks				
Snacks				

HYDRATION NOTES:

GENERAL NOTES: