

Portions tracker

week commencing

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Each diet day aim for†: 0 carbohydrate (max), protein (max), fat (max), 3 dairy, 1 fruit and 5 vegetable servings

Each non diet day aim for†: carbohydrate (max), protein (max), fat (max), 3 dairy, 2 fruit and 5 vegetable servings

	EXAMPLE (R/U)‡							MONDAY (R/U)							TUESDAY (R/U)							WEDNESDAY (R/U)											
	Breakfast	Mid morning	Lunch	Mid afternoon	Evening meal	Supper	Drinks	Total	Breakfast	Mid morning	Lunch	Mid afternoon	Evening meal	Supper	Drinks	Total	Breakfast	Mid morning	Lunch	Mid afternoon	Evening meal	Supper	Drinks	Total	Breakfast	Mid morning	Lunch	Mid afternoon	Evening meal	Supper	Drinks	Total	
Carbs	//		//		/	/		6																									
Protein			////		////			9																									
Fat			//			//		4																									
Dairy	/		/			/		3																									
Fruit	/			/				2																									
Veg			//		///			5																									
	THURSDAY (R/U)							FRIDAY (R/U)							SATURDAY (R/U)							SUNDAY (R/U)											
	Breakfast	Mid morning	Lunch	Mid afternoon	Evening meal	Supper	Drinks	Total	Breakfast	Mid morning	Lunch	Mid afternoon	Evening meal	Supper	Drinks	Total	Breakfast	Mid morning	Lunch	Mid afternoon	Evening meal	Supper	Drinks	Total	Breakfast	Mid morning	Lunch	Mid afternoon	Evening meal	Supper	Drinks	Total	
Carbs																																	
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† Use the Ready Reckoners in in *The 2-Day Diet* and *The 2-Day Diet Cookbook* to complete this section and ensure you meet your minimum protein servings ().
Also remember to drink the recommended amount

‡ R = restricted day, U = unrestricted day