

# PIYO EATING PLAN CHECKLIST



Check off your foods for a fantastically healthy eating day!

DAY #

Breakfast

Lunch

Dinner

Snack 1

Snack 2

DAY #

Breakfast

Lunch

Dinner

Snack 1

Snack 2

**Portion Checklist**  
*Cross off portions you don't need. See Guide for details.*

Primary Veggies

Secondary/Grains

Fresh Fruit

Lean Protein

Healthy Fats

**Portion Checklist**  
*Cross off portions you don't need. See Guide for details.*

Primary Veggies

Secondary/Grains

Fresh Fruit

Lean Protein

Healthy Fats