

# EAT MOVE GROOVE

## 2-Minute Miracle EAT Planning Sheet

6 CUPS OF <b>PRODUCE</b> I CAN EAT TOMORROW	3 <b>PROTEIN</b> OPTIONS I CAN EAT TOMORROW
3 <b>GRAINS</b> (ESPECIALLY WHOLE GRAINS) OR STARCHES I CAN EAT TOMORROW	3 <b>HEALTHY FATS</b> I CAN EAT TOMORROW

# EAT MOVE GROOVE

## ***2-Minute Miracle*** EAT Planning Sheet

### **BREAKFAST**

#### THE 2211 BREAKDOWN:

2 PRODUCE->  
2 PROTEIN->  
1 GRAIN->  
1 HEALTHY FAT->

### **LUNCH**

#### THE 2211 BREAKDOWN:

2 PRODUCE->  
2 PROTEIN->  
1 GRAIN->  
1 HEALTHY FAT->

### **DINNER**

#### THE 2211 BREAKDOWN:

2 PRODUCE->  
2 PROTEIN->  
1 GRAIN->  
1 HEALTHY FAT->

# EAT MOVE GROOVE

## ***2-Minute Miracle* EAT Planning Sheet**

### **BREAKFAST**

---

**2 produce**

**2 protein**

**1 grain**

**1 healthy fat**

### **LUNCH**

---

**2 produce**

**2 protein**

**1 grain**

**1 healthy fat**

### **DINNER**

---

**2 produce**

**2 protein**

**1 grain**

**1 healthy fat**