

DAILY DOZEN	SUNDAY
Week: Start Date:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Beans <input type="checkbox"/> Berries <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Other Fruits <input type="checkbox"/> Cruciferous Vegetables <input type="checkbox"/> Greens <input type="checkbox"/> <input type="checkbox"/> Other Vegetables <input type="checkbox"/> Flaxseeds <input type="checkbox"/> Nuts and Seeds <input type="checkbox"/> Herbs and Spices <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Whole Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Beverages <input type="checkbox"/> Exercise

MONDAY	TUESDAY	WEDNESDAY
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Beans <input type="checkbox"/> Berries <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Other Fruits <input type="checkbox"/> Cruciferous Vegetables <input type="checkbox"/> Greens <input type="checkbox"/> Other Vegetables <input type="checkbox"/> Flaxseeds <input type="checkbox"/> Nuts and Seeds <input type="checkbox"/> Herbs and Spices <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Whole Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Beverages <input type="checkbox"/> Exercise	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Beans <input type="checkbox"/> Berries <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Other Fruits <input type="checkbox"/> Cruciferous Vegetables <input type="checkbox"/> Greens <input type="checkbox"/> Other Vegetables <input type="checkbox"/> Flaxseeds <input type="checkbox"/> Nuts and Seeds <input type="checkbox"/> Herbs and Spices <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Whole Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Beverages <input type="checkbox"/> Exercise	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Beans <input type="checkbox"/> Berries <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Other Fruits <input type="checkbox"/> Cruciferous Vegetables <input type="checkbox"/> Greens <input type="checkbox"/> Other Vegetables <input type="checkbox"/> Flaxseeds <input type="checkbox"/> Nuts and Seeds <input type="checkbox"/> Herbs and Spices <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Whole Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Beverages <input type="checkbox"/> Exercise

THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Beans <input type="checkbox"/> Berries <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Other Fruits <input type="checkbox"/> Cruciferous Vegetables <input type="checkbox"/> Greens <input type="checkbox"/> Other Vegetables <input type="checkbox"/> Flaxseeds <input type="checkbox"/> Nuts and Seeds <input type="checkbox"/> Herbs and Spices <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Whole Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Beverages <input type="checkbox"/> Exercise	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Beans <input type="checkbox"/> Berries <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Other Fruits <input type="checkbox"/> Cruciferous Vegetables <input type="checkbox"/> Greens <input type="checkbox"/> Other Vegetables <input type="checkbox"/> Flaxseeds <input type="checkbox"/> Nuts and Seeds <input type="checkbox"/> Herbs and Spices <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Whole Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Beverages <input type="checkbox"/> Exercise	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Beans <input type="checkbox"/> Berries <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Other Fruits <input type="checkbox"/> Cruciferous Vegetables <input type="checkbox"/> Greens <input type="checkbox"/> Other Vegetables <input type="checkbox"/> Flaxseeds <input type="checkbox"/> Nuts and Seeds <input type="checkbox"/> Herbs and Spices <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Whole Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Beverages <input type="checkbox"/> Exercise