

# Brimful

FREE GIFT WITH YOUR BUNDLE

Your

# Protein & Water Tracker

Print the weekly page as many times as you like. Two weeks of tracking is enough to make the habit stick.

# Protein & Water Tracker

Week of \_\_\_\_\_ My protein target: \_\_\_\_\_ g a day

| Day | Breakfast (g) | Lunch (g) | Dinner (g) | Snacks (g) | Total (g) | Water (1 circle = 1 cup) | Brimful                  |
|-----|---------------|-----------|------------|------------|-----------|--------------------------|--------------------------|
| Mon |               |           |            |            |           | ○ ○ ○ ○ ○ ○ ○ ○          | <input type="checkbox"/> |
| Tue |               |           |            |            |           | ○ ○ ○ ○ ○ ○ ○ ○          | <input type="checkbox"/> |
| Wed |               |           |            |            |           | ○ ○ ○ ○ ○ ○ ○ ○          | <input type="checkbox"/> |
| Thu |               |           |            |            |           | ○ ○ ○ ○ ○ ○ ○ ○          | <input type="checkbox"/> |
| Fri |               |           |            |            |           | ○ ○ ○ ○ ○ ○ ○ ○          | <input type="checkbox"/> |
| Sat |               |           |            |            |           | ○ ○ ○ ○ ○ ○ ○ ○          | <input type="checkbox"/> |
| Sun |               |           |            |            |           | ○ ○ ○ ○ ○ ○ ○ ○          | <input type="checkbox"/> |

**How to use it.** Write the grams of protein after each meal and fill a circle for every cup of water. Tick the last box when you have taken your Brimful. Many dietitians suggest 60 to 100 g of protein a day during weight loss. Ask your prescriber for your number.

## Quick protein counts

Egg 6 g · Greek yogurt (1 cup) 20 g · Chicken (3 oz) 25 g · Tuna (1 can) 25 g · Cottage cheese (1 cup) 25 g · Protein shake 20 to 25 g · String cheese 7 g · Lentils (1 cup) 18 g

## This week I noticed

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