



1300 Calorie

TRACKER

[dailyhealthyhabits.org](http://dailyhealthyhabits.org)



*Hey, Friend!*

Back in June of 2015, I found myself in a challenging place. Overweight, recovering from my second knee replacement, and battling pain from Fibromyalgia and Chronic Fatigue, I struggled to find hope for a healthier future. Every day felt like an uphill battle, both mentally and physically. Despite the demands of my career as an elementary music teacher and professional violinist, I knew I needed to make a change.

Fast forward to today, and I'm filled with gratitude for the transformation I've undergone. It all began with taking control of my nutrition and weight, a decision that opened the door to countless possibilities for positive change. As I embarked on a journey of self-care and intentional living, I rediscovered my faith, family, friends, fitness, fun, fellowship, and finances—all of which have flourished beyond my wildest dreams.

*Now, I'm on a mission to share the joy and fulfillment I've found with others. Through Daily Healthy Habits, I aim to inspire and empower individuals to prioritize their well-being and pursue their dreams. From nutrition tracking to spiritual growth, every aspect of your life matters, and I'm here to support you every step of the way. Imagine the possibilities if you said 'Yes!' to yourself—let's make those dreams a reality together!*

*Kris*

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## 1300 Calorie Daily Tracker

100 Calorie Snack  
or Optavia Fueling

☐ ☐ ☐

Starch

☐

Fruit

☐

Protein (3oz serving)

☐ ☐

Dairy

☐ ☐

Non-Starchy  
Vegetable

☐ ☐ ☐

Healthy Fat

☐

Your Choice

☐

Water (20oz)

☐ ☐ ☐ ☐ ☐

What did you eat today?

WHAT AM I  
CELEBRATING TODAY?

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snacks: \_\_\_\_\_

WHAT AM I  
STRUGGLING WITH?

OTHER/NOTES:

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# FRUIT

17 SMALL GRAPES  
12 SMALL CHERRIES  
# CUP BERRIES  
1 BANANNA  
1 CUP CUBED (CANTALOUPE, HONEYDEW, WATERMELON)  
1/2 CUP FRESH FRUIT  
1 APPLE, PEAR OR ORANGE (SIZE SMALL)  
1/2 CUP FRUIT JUICE

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# DAIRY

1 CUP FAT-FREE OR LOW-FAT MILK  
1 CUP MILK SUBSTITUTE (CASHEW, ALMOND, SOY, RICE)  
3/4 CUP YOGURT (NONFAT OR LOW-FAT DAIRY)  
# CUP EVAPORATED MILK

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# NON-STARCHY VEGETABLES

1/2 CUP  
CUCUMBERS, RADISHES, SPROUTS, ASPARAGUS, CABBAGE, EGGPLANT, KALE,  
PORTOBELLO MUSHROOMS, SUMMER SQUASH, GREEN BEANS, RED CABBAGE,  
PEPPERS, TOMATOES, SPAGHETTI SQUASH, TURNIPS, HEART OF PALM, JICAMA,  
SCALLIONS, KOHLRABI, CELERY, WHITE MUSHROOMS, CAULIFLOWER, BROCCOLI  
1 CUP  
SPINACH, SPRING MIX LETTUCE (ROMAIN, ICEBERG, ROMAIN)

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# STARCH

1 TORTILLA  
1/2 HAMBURGER BUN  
1/2 ENGLISH MUFFIN  
1 MINI BAGEL  
1/2 CUP HOT COOKED CEREAL (OATMEAL/CREAM OF WHEAT)  
1/4 CUP GRANOLA  
1/2 CUP PRETZELS  
1/2 CUP STARCHY VEGETABLES (PEAS, CARROTS, CORN, YAMS)  
1 CUP WINTER SQUASH (ACORN, BUTTERNUT)  
1/2 MEDIUM BAKED POTATO  
3 CUPS OF AIR POPPED POP CORN  
6 CRACKERS  
2 RICE CAKES  
15 BAKED CHIPS (PITA, TORTILLA, POTATO)  
1 SLICE OF BREAD OR 2 SLICES OF REDUCED-CALORIC BREAD

# FREE CHOICE

½ CUP LOW FAT ICE CREAM  
1 SMALL CHOCOLTE CHIP COOKIE  
1 SMALL BROWNIE OR SLICE OF CAKE (1 INCH SQUARE)  
1/2 SMALL MUFFIN  
1 FUN-SIZED CANDY BAR  
1 SQUARE DARK CHOCOLATE  
1À OZ DISTILLED SPIRITS: RUM, VODKA, GIN, WHISKEY  
5 FL OZ WINE (RED OR WHITE)  
8 OZ BEER  
12 OZ LIGHT BEER

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## 100 CALORIC SNACKS

; PROTEIN/CARB (MACRO) BALANCED SNACK 100 CALORIES

1 MEDIUM APPLE  
1 MEDIUM BANANA  
28 GRAPES  
1 LARGE BOILED EGG  
1 CONTAINER OF TWO GOOD 2G SUGAR YOGURT  
1/2 APPLE WITH 2 TSP OF NATURAL PEANUT BUTTER  
1/2 CUP FRESH BLUEBERRIES OR STRAWBERRIES  
1 CUP BROCCOLI, RED PEPPER, CAULIFLOWER WITH 1 TBSP HUMMUS  
3 STALKS OF CELERY WITH 1 TBSP NATURAL PEANUT BUTTER  
5 CHERRY TOMATOES & SMALL PIECE CHEDDAR CHEESE  
3 OZ MIXED NUTS (A SMALL HANDFUL)  
29 PISTACHIOS  
12 CASHEWS  
20 PEANUTS  
1/2 CUP CUCUMBER SLICES WITH 1 TBSP LOW FAT RANCH  
1/2 CUP COTTAGE CHEESE AND 5 CHERRY TOMATOES  
1 STRING CHEESE  
1 SLICE WHOLE GRAIN BREAD WITH 2 OZ FAT FREE TURKEY BREAST  
1 STARKIST TUNA CREATIONS POUCH  
1 PREMIER PROTEIN SHAKE  
1 "ON THE GO PACK" 100 CALORIC ALMONDS READY "CLEAN" BAR - .81 OZ SIZE KIND  
"MINI CHEWY" BAR - 81 OZ SIZE CLIF BAR THINS - 78 OZ SIZE