

GAME RULES

1. Earn points by eating approved foods.
2. Report the previous day's points on the spreadsheet.
3. The highest point total for the week wins.

Breakfast, Lunch & Dinner

- Earn points for just eating something for breakfast, lunch or dinner.
- Add 10 more points if you eat a vegetable.
- Add 5 more points if you eat a fruit
- Add 5 more points if you eat a protein source.
- Receive a max of 35 points for breakfast.
- Receive a max of 30 points for lunch.
- Receive a max of 25 points for lunch and dinner.

Vegetable Sources

- Must be eaten as a whole, unprocessed food (tomatoes count, but catsup doesn't)

Fruit sources

- Must be eaten as a whole, unprocessed food (apples count, but apple juice doesn't)

Protein Sources

- Seafood, poultry, beef, eggs, milk, peanut butter, yogurt, protein powder

Snacks

- Earn 5 points for eating any snack that contains fat and/or protein. Max of 10 points per day.

Total Points

- The max number of points you can earn in a day is 100.