# **Vary your protein tracker** Keep track of how many different protein foods you have this week. We should eat a variety of different protein foods.

|  |  |
| --- | --- |
| **Day** | **Protein foods eaten** |
| Monday |  |
| Tuesday |  |
| Wednesday |  |
| Thursday |  |
| Friday |  |

 How many different protein foods did you have?

 How many were from plants?

 What other protein foods could you try?