



RICE DIET

STEP 1 TRACKER

WEEK

www.RiceDietSupport.com

	DAY						
BREAKFAST/SNACK: (1c or size of fist) FRUIT		F	F	F	F	F	F
LUNCH: (3/4 to 1c cooked) RICE		R	R	R	R	R	R
(1c or size of fist) FRUIT		F	F	F	F	F	F
(1c or size of fist) FRUIT		F	F	F	F	F	F
DINNER: (3/4 to 1c cooked) RICE		R	R	R	R	R	R
(1c or size of fist) FRUIT		F	F	F	F	F	F
(1c or size of fist) FRUIT		F	F	F	F	F	F

INCREASE PORTIONS AS NEEDED ~ ADDITIONAL DETAILS IN 'HOW TO RICE DIET'

WEEK

	DAY						
BREAKFAST/SNACK: (1c or size of fist) FRUIT		F	F	F	F	F	F
LUNCH: (3/4 to 1c cooked) RICE		R	R	R	R	R	R
(1c or size of fist) FRUIT		F	F	F	F	F	F
(1c or size of fist) FRUIT		F	F	F	F	F	F
DINNER: (3/4 to 1c cooked) RICE		R	R	R	R	R	R
(1c or size of fist) FRUIT		F	F	F	F	F	F
(1c or size of fist) FRUIT		F	F	F	F	F	F



RICE DIET

STEP 2 TRACKER

WEEK

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	DAY						
BREAKFAST/SNACK: (1c or size of fist) FRUIT/VEG		FV	FV	FV	FV	FV	FV
LUNCH: (3/4 to 1c cooked) RICE		R	R	R	R	R	R
(1c or size of fist) FRUIT/VEG		FV	FV	FV	FV	FV	FV
(1c or size of fist) FRUIT/VEG		FV	FV	FV	FV	FV	FV
DINNER: (3/4 to 1c cooked) RICE		R	R	R	R	R	R
(1c or size of fist) FRUIT/VEG		FV	FV	FV	FV	FV	FV
(1c or size of fist) FRUIT/VEG		FV	FV	FV	FV	FV	FV

INCREASE PORTIONS AS NEEDED ~ ADDITIONAL DETAILS IN 'HOW TO RICE DIET'

WEEK

	DAY						
BREAKFAST/SNACK: (1c or size of fist) FRUIT/VEG		FV	FV	FV	FV	FV	FV
LUNCH: (3/4 to 1c cooked) RICE		R	R	R	R	R	R
(1c or size of fist) FRUIT/VEG		FV	FV	FV	FV	FV	FV
(1c or size of fist) FRUIT/VEG		FV	FV	FV	FV	FV	FV
DINNER: (3/4 to 1c cooked) RICE		R	R	R	R	R	R
(1c or size of fist) FRUIT/VEG		FV	FV	FV	FV	FV	FV
(1c or size of fist) FRUIT/VEG		FV	FV	FV	FV	FV	FV