

DAILY FOOD JOURNAL – Courtesy of VegetarianTips.Net

BREAKFAST	LUNCH	DINNER
Item: Serving Size: Amount of: <i>Iron</i> <i>Protein</i> <i>Calcium</i> <i>Omega3</i> <i>Zinc</i> <i>Vitamin B12</i>	Item: Serving Size: Amount of: <i>Iron</i> <i>Protein</i> <i>Calcium</i> <i>Omega3</i> <i>Zinc</i> <i>Vitamin B12</i>	Item: Serving Size: Amount of: <i>Iron</i> <i>Protein</i> <i>Calcium</i> <i>Omega3</i> <i>Zinc</i> <i>Vitamin B12</i>
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Recommended Daily Quantities: **IRON** – 8 milligrams, **PROTEIN** – 20 to 30 grams, **CALCIUM** – 1,000 to 1,200 milligrams, **OMEGA-3** – 4 grams, **ZINC** – 7 milligrams (women) or 9.5 milligrams (men), **VITAMIN B12** – 1 to 2.4 micrograms.