

My Meal Mastery Profile

Diet Type:	Daily Portions: P C F W	Supplement Type: GI	Dose	Sequence #	Titration Schedule
Water	<input type="checkbox"/> _____glasses	MegaSporeBiotic	2 capsules	#3	<i>Start with 1 a day & increase to 2 wk 2</i>
BREAKFAST <i>Time:</i>	<input type="checkbox"/> P: C: F: Meal Type: _____	Plant Enzymes ProOmega - D Liquid MultiVit/Min.	1 capsule 1 softgel 2 TBL	#1 #4 #5	#1 Start with 1 a day & increase to 2 a day, then 3 a day #5 Start with 1 TBL a day on Days 4-6 then 2 TBL a day starting Day 7
Water	<input type="checkbox"/> _____glasses				
LUNCH <i>Time:</i>	<input type="checkbox"/> P: C: F: Meal Type: _____	Plant Enzymes ProOmega - D	1 capsule 1 softgel		
Water	<input type="checkbox"/> _____glasses	Gastro One Gut Health	1 Scoop mix in water	#2	
DINNER <i>Time:</i>	<input type="checkbox"/> P: C: F: Meal Type: _____	Plant Enzymes	1 capsule		
Water	<input type="checkbox"/> _____glasses				