

WEIGHT: _____

DATE: _____

MORN: _____ EVE: _____

Quantity

Food

BREAKFAST

_____	_____
_____	_____
_____	_____
_____	_____

LUNCH

_____	_____
_____	_____
_____	_____
_____	_____

DINNER

_____	_____
_____	_____
_____	_____
_____	_____

SNACK

_____	_____
_____	_____
_____	_____

WATER (8oz)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

☐ Lean Protein ☐ Fruit ☐ _____

☐ Vegetables ☐ Probiotics ☐ _____

WEIGHT: _____

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Quantity

Food

BREAKFAST

_____	_____
_____	_____
_____	_____
_____	_____

LUNCH

_____	_____
_____	_____
_____	_____
_____	_____

DINNER

_____	_____
_____	_____
_____	_____
_____	_____

SNACK

_____	_____
_____	_____
_____	_____

WATER (8oz)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

☐ Lean Protein ☐ Fruit ☐ _____

☐ Vegetables ☐ Probiotics ☐ _____