	DATE:	<u> </u>	DATE:	
WEIGHT:	MORN: EVE:	WEIGHT:	MORN: EVE:	
Quantity	BREAKFAST	Quantity	BREAKFAST	
	LUNCH		LUNCH	
	DINNER		DINNER	
	SNACK		SNACK	
		-		
WATER (8oz)			WATER (8oz) ] □ □ □ □ □ □	
Lean Protein Fruit		☐ Lean Prote	☐ Lean Protein ☐ Fruit ☐	
☐ Vegetables ☐ Probiotics ☐		☐ Vegetables	☐ Vegetables ☐ Probiotics ☐	