Date _____ Phase ____
Minimum Daily Protein ____ Maximum Daily Carbs ____ Fiber ____

BREAKFAST TIME:_____ WATER ✓ ☐☐
Protein grams :_____
Carb grams :_____
Fiber grams :_____
Fat grams :_____
✓ Vitamins/Supplements ☐

SNACK TIME:_____ WATER ✓ ☐
Protein grams :_____
Carb grams :_____
Fiber grams :_____

LUNCH TIME:_____ WATER ✓ ☐☐
Protein grams :_____
Carb grams :_____
Fiber grams :_____
Fat grams :_____
✓ Vitamins/Supplements ☐

SNACK TIME:_____ WATER ✓ ☐
Protein grams :_____
Carb grams :_____
Fiber grams :_____

DINNER TIME:_____ WATER ✓ ☐☐
Protein grams :_____
Carb grams :_____
Fiber grams :_____
Fat grams :_____
✓ Vitamins/Supplements ☐

SNACK TIME:_____ WATER ✓ ☐
Protein grams :_____
Carb grams :_____
Fiber grams :_____

NOTES TO SELF :_____

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Date _____ Phase ____
Minimum Daily Protein ____ Maximum Daily Carbs ____ Fiber ____

BREAKFAST TIME:_____ WATER ✓ ☐☐
Protein grams :_____
Carb grams :_____
Fiber grams :_____
Fat grams :_____
✓ Vitamins/Supplements ☐

SNACK TIME:_____ WATER ✓ ☐
Protein grams :_____
Carb grams :_____
Fiber grams :_____

LUNCH TIME:_____ WATER ✓ ☐☐
Protein grams :_____
Carb grams :_____
Fiber grams :_____
Fat grams :_____
✓ Vitamins/Supplements ☐

SNACK TIME:_____ WATER ✓ ☐
Protein grams :_____
Carb grams :_____
Fiber grams :_____

DINNER TIME:_____ WATER ✓ ☐☐
Protein grams :_____
Carb grams :_____
Fiber grams :_____
Fat grams :_____
✓ Vitamins/Supplements ☐

SNACK TIME:_____ WATER ✓ ☐
Protein grams :_____
Carb grams :_____
Fiber grams :_____

NOTES TO SELF :_____

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