UNDAY	REAKFAST	Snack	Lunch	Snack	DINNER	SNACK
CALO	RIES:	CALORIES:	CALORIES:	CALORIES:	CALORIES:	CALORIES:
WATER INTAKE (RECOMMENDED 8-8 OZ): 1 2 3 4 5 6 7 8 9 10 11 12						
Monday	REAKFAST	Snack	Lunch	Snack	DINNER	Snack
CALO	RIES:	CALORIES:	CALORIES:	CALORIES:	CALORIES:	CALORIES:
WATER INTAKE (RECOMMENDED 8- 8 OZ): 1 2 3 4 5 6 7 8 9 10 11 12						
UESDAY	REAKFAST	Snack	Lunch	Snack	DINNER	Snack
CALC	RIES:	CALORIES:	CALORIES:	CALORIES:	CALORIES:	CALORIES:
WATER INTAKE (RECOMMENDED 8- 8 OZ): 1 2 3 4 5 6 7 8 9 10 11 12						
EDNESDAY	REAKFAST	Snack	Lunch	Snack	Dinner	Snack
	RIES:	CALORIES:	CALORIES:	CALORIES:	CALORIES:	CALORIES:
WATER INTAKE (RECOMMENDED 8- 8 OZ): 1 2 3 4 5 6 7 8 9 10 11 12						
HURSDAY	REAKFAST	Snack	Lunch	Snack	Dinner	Snack
CALO	RIES:	CALORIES:	CALORIES:	CALORIES:	CALORIES:	CALORIES:
WATER INTAKE (RECOMMENDED 8- 8 OZ): 1 2 3 4 5 6 7 8 9 10 11 12						
FRIDAY	REAKFAST	Snack	Lunch	Snack	DINNER	Snack
CALC	RIES:	CALORIES:	CALORIES:	CALORIES:	CALORIES:	CALORIES:
WATER INTAKE (RECOMMENDED 8- 8 OZ): 1 2 3 4 5 6 7 8 9 10 11 12						
ATURDAY	REAKFAST	SNACK CALORIES:	LUNCH CALORIES:	SNACK CALORIES:	DINNER CALORIES:	SNACK CALORIES:
OALO		O' LOTTILO.	C, (LOT (120.	5, (LOTVIEU	O/ ILOI VILO.	