

Write Dates for the next 14 days:														
Weight: (Weigh every am after rising)														
Brkfst: Vitamins & 8oz. water														
1 serving Protein from list														
1 grain OR 1 fruit from list														
8oz. water, XS, tea or coffee														
Snack: Recommend Snack & 8oz water														
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Lunch: BIGSALAD (2cups+ lettuce)														
4oz. protein (tuna,turkey,chickn)														
1 cup assorted veggies for salad														
1 tbsp. lowfat lowcarb dressing														
16oz. water/tea (no carb flavor)														
1 serving of fruit (see food list)														
Snack: Recommend Snack & 8oz water														
Snack: Recommend Snack & XS drink?														
Dinner: Vitamins & 8oz. water														
Lettuce- tbsp.lowfat lowcarb dressing														
4oz. meat/fish/chicken entree														
1 cup steamed veggie from list														
8oz. water/tea (no carb flavor)														
1 serving of fruit (see food list)														
Snack: Recommend Snack & 8oz water														
Snack: Recommend Snack & 8oz water														

TOTAL SNACKS EACH DAY: