

Write <b>Dates</b> for the 3 Jump Start days:			
<b>Weight:</b> (Weigh every am after rising)			
<b>All meals &amp; snacks are just 1 serving of Protein from list – no grains, veggies, or fruit</b>	<b>Food Description</b>	<b>Food Description</b>	<b>Food Description</b>
<b>Brkfst:</b> Vitamins & 8oz. water			
Protein serving (your choice: egg, steak, yogurt, shake, any protein serving on food list)			
Cup of coffee/XS drink (no juice)			
<b>Snack:</b> Snack Bar? + 8oz. water			
<b>Snack:</b> Protein Bar? + 8oz. water			
<b>Lunch:</b> 16oz. water/tea			
Protein serving (your choice: tuna, turkey, chicken, beef, any protein serving on food list?)			
<b>Snack:</b> Snack Bar? + 8oz. water			
<b>Snack:</b> Protein Bar? + 8oz. water			
<b>Dinner:</b> Vitamins & 8oz. water			
Protein serving (your choice: meat/fish/chicken entrée?)			
8oz. water/tea (no carb flavor)			
<b>Snack:</b> Snack Bar? + 8oz. water			
<b>Snack:</b> Protein Shake? + 8oz. water			

TOTAL SNACKS EACH DAY: