

# Daily Meal Plan



## STEP 1: INSERT YOUR MEAL PLAN AND/OR FOOD JOURNAL HERE

	BREAKFAST	LUNCH	DINNER	SHAKE	WATER
MONDAY	  	  	  	 	       
TUESDAY	  	  	  	 	       
WEDNESDAY	  	  	  	 	       
THURSDAY	  	  	  	 	       
FRIDAY	  	  	  	 	       
SATURDAY	  	  	  	 	       
SUNDAY	  	  	  	 	       

## STEP 2: CHECK OFF ANY OPTIONAL FLAVOR ENHANCERS AND BEVERAGES YOU LIKE BELOW

- |  |  |
|--|--|
| <input type="checkbox"/> Mustard           | <input type="checkbox"/> Water (0.5oz per body lb) |
| <input type="checkbox"/> Soy Sauce         | <input type="checkbox"/> Black Coffee              |
| <input type="checkbox"/> Any Dry Spices    | <input type="checkbox"/> Sugar-Free Green Tea      |
| <input type="checkbox"/> Any Dry Meat Rubs | <input type="checkbox"/> Sugar-Free Iced Tea       |
| <input type="checkbox"/> Lemon Juice       | <input type="checkbox"/> Crystal Light             |
| <input type="checkbox"/> Balsamic Vinegar  | <input type="checkbox"/> Mio Flavored Water        |
| <input type="checkbox"/> Salt/Pepper       |  |
| <input type="checkbox"/> Stevia/Splenda    |  |
| <input type="checkbox"/> Any Hot Sauces    |  |

**IF IT IS NOT ON THE LIST, YOU CANNOT HAVE IT FOR THE NEXT 6 WEEKS.**

\*NOTE: Eliminate BEFORE you moderate (that will come next).  
If it is not on the list, it's by design!

As long as it has zero calories, you can have as much as you want,  
even if it is not on the list.