

/ DAY 15 LUNCH (Skip Inj.) DINNER VITAMINS WATER
 Chicken Beef Fish Chicken Beef Fish Biotin
Weight_____ Apple Strwb Orange Tom Apple Strwb Orange Tom B12
Vegetable_____ Vegetable_____
 Grissini Melba Toast Grissini Melba Toast

NOTES: _____

/ DAY 16 LUNCH DINNER VITAMINS WATER
 Chicken Beef Fish Chicken Beef Fish Biotin
Weight_____ Apple Strwb Orange Tom Apple Strwb Orange Tom B12
Vegetable_____ Vegetable_____
 Grissini Melba Toast Grissini Melba Toast

NOTES: _____

/ DAY 17 LUNCH DINNER VITAMINS WATER
 Chicken Beef Fish Chicken Beef Fish Biotin
Weight_____ Apple Strwb Orange Tom Apple Strwb Orange Tom B12
Vegetable_____ Vegetable_____
 Grissini Melba Toast Grissini Melba Toast

NOTES: _____

/ DAY 18 LUNCH DINNER VITAMINS WATER
 Chicken Beef Fish Chicken Beef Fish Biotin
Weight_____ Apple Strwb Orange Tom Apple Strwb Orange Tom B12
Vegetable_____ Vegetable_____
 Grissini Melba Toast Grissini Melba Toast

NOTES: _____

/ DAY 19 LUNCH DINNER VITAMINS WATER
 Chicken Beef Fish Chicken Beef Fish Biotin
Weight_____ Apple Strwb Orange Tom Apple Strwb Orange Tom B12
Vegetable_____ Vegetable_____
 Grissini Melba Toast Grissini Melba Toast

NOTES: _____

/ DAY 20 LUNCH DINNER VITAMINS WATER
 Chicken Beef Fish Chicken Beef Fish Biotin
Weight_____ Apple Strwb Orange Tom Apple Strwb Orange Tom B12
Vegetable_____ Vegetable_____
 Grissini Melba Toast Grissini Melba Toast

NOTES: _____

/ DAY 21 LUNCH DINNER VITAMINS WATER
 Chicken Beef Fish Chicken Beef Fish Biotin
Weight_____ Apple Strwb Orange Tom Apple Strwb Orange Tom B12
Vegetable_____ Vegetable_____
 Grissini Melba Toast Grissini Melba Toast

NOTES: _____