

/ DAY 22 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 23 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 24 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 25 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 26 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 27 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 28 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: _____