

/ DAY 29 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 30 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 31 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 32 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 33 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 34 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 35 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: \_\_\_\_\_