

/ DAY 8 LUNCH DINNER VITAMINS WATER
Chicken Beef Fish Chicken Beef Fish Biotin
Weight_____ Apple Strwb Orange Tom Apple Strwb Orange Tom B12
Vegetable_____ Grissini Melba Toast Grissini Melba Toast
Vegetable_____ Grissini Melba Toast

NOTES : _____

/ DAY 9 LUNCH DINNER VITAMINS WATER
Chicken Beef Fish Chicken Beef Fish Biotin
Weight_____ Apple Strwb Orange Tom Apple Strwb Orange Tom B12
Vegetable_____ Grissini Melba Toast Grissini Melba Toast
Vegetable_____ Grissini Melba Toast

NOTES _____

/ DAY 10 LUNCH DINNER VITAMINS WATER
Chicken Beef Fish Chicken Beef Fish Biotin
Weight_____ Apple Strwb Orange Tom Apple Strwb Orange Tom B12
Vegetable_____ Grissini Melba Toast Grissini Melba Toast
Vegetable_____ Grissini Melba Toast

NOTES: _____

/ DAY 11 LUNCH DINNER VITAMINS WATER
Chicken Beef Fish Chicken Beef Fish Biotin
Weight_____ Apple Strwb Orange Tom Apple Strwb Orange Tom B12
Vegetable_____ Grissini Melba Toast Grissini Melba Toast
Vegetable_____ Grissini Melba Toast

NOTES: _____

/ DAY 12 LUNCH DINNER VITAMINS WATER
Chicken Beef Fish Chicken Beef Fish Biotin
Weight_____ Apple Strwb Orange Tom Apple Strwb Orange Tom B12
Vegetable_____ Grissini Melba Toast Grissini Melba Toast
Vegetable_____ Grissini Melba Toast

NOTES: _____

/ DAY 13 LUNCH DINNER VITAMINS WATER
Chicken Beef Fish Chicken Beef Fish Biotin
Weight_____ Apple Strwb Orange Tom Apple Strwb Orange Tom B12
Vegetable_____ Grissini Melba Toast Grissini Melba Toast
Vegetable_____ Grissini Melba Toast

NOTES: _____

/ DAY 14 LUNCH DINNER VITAMINS WATER
Chicken Beef Fish Chicken Beef Fish Biotin
Weight_____ Apple Strwb Orange Tom Apple Strwb Orange Tom B12
Vegetable_____ Grissini Melba Toast Grissini Melba Toast
Vegetable_____ Grissini Melba Toast

NOTES: _____