

40 Day Journal
WEEKLY INTAKE 500 VLCD

/ DAY 1 LOAD DAY _____

Weight _____

/ DAY 2 LOAD DAY _____

Weight _____

/ DAY 3 LUNCH DINNER VITAMINS WATER
 Chicken Beef Fish Chicken Beef Fish Biotin
 Apple Strwb Orange Tom Apple Strwb Orange Tom B12
Vegetable _____ Vegetable _____
 Grissino Melba Toast Grissino Melba Toast

NOTES: _____

/ DAY 4 LUNCH DINNER VITAMINS WATER
 Chicken Beef Fish Chicken Beef Fish Biotin
 Apple Strwb Orange Tom Apple Strwb Orange Tom B12
Vegetable _____ Vegetable _____
 Grissino Melba Toast Grissino Melba Toast

NOTES: _____

/ DAY 5 LUNCH DINNER VITAMINS WATER
 Chicken Beef Fish Chicken Beef Fish Biotin
 Apple Strwb Orange Tom Apple Strwb Orange Tom B12
Vegetable _____ Vegetable _____
 Grissino Melba Toast Grissino Melba Toast

NOTES: _____

/ DAY 6 LUNCH DINNER VITAMINS WATER
 Chicken Beef Fish Chicken Beef Fish Biotin
 Apple Strwb Orange Tom Apple Strwb Orange Tom B12
Vegetable _____ Vegetable _____
 Grissino Melba Toast Grissino Melba Toast

NOTES: _____

/ DAY 7 LUNCH DINNER VITAMINS WATER
 Chicken Beef Fish Chicken Beef Fish Biotin
 Apple Strwb Orange Tom Apple Strwb Orange Tom B12
Vegetable _____ Vegetable _____
 Grissino Melba Toast Grissino Melba Toast

NOTES: _____