FOOD CAHRT

Water consumption > 1.5ℓ

Kcal intake < 1200 kcal

Dinner before 7p.m.

	MONDAY	Kcal	TUESDAY	Kcal	WEDNESDAY	Kcal	THURSDAY	Kcal	FRIDAY	Kcal	SATURDAY	Kcal	SUNDAY	Kcal
breakfast														
morning														
Lunch														
evening														
dinner														
r														