FOOD CAHRT

Water consumption > 1.5 \(\ell \)
Kcal intake < 1200 kcal
Dinner before 7p.m.

	MONDAY	Kcal	TUESDAY	Kcal	WEDNESDAY	Kcal	THURSDAY	Kcal	FRIDAY	Kcal	SATURDAY	Kcal	SUNDAY	Kcal
morning breakfast														
					9	9 E			9	9 9			i.	è
						7			5					7
	2					2								4
Lunch									2)					
	7													
						\$ \$								
	8					8 9								
				,										
evening														
dinner														
	·		2		-	9 8			9	9 9				è
						y				-				7
						· ·								
L														