

# 21 DAY FIX!!

~1,200 calories/day

	4 proteins		2 carbs
	3 veggies		1 fats/cheese
	2 fruits		1 seeds/oils
	2 tps		60 oz water

Day:

BREAKFAST: \_\_\_\_\_  
 SNACK: \_\_\_\_\_  
 LUNCH: \_\_\_\_\_  
 SNACK: \_\_\_\_\_  
 DINNER: \_\_\_\_\_  
 SNACK: \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						

TODAY'S WORKOUT: \_\_\_\_\_

Day:

BREAKFAST: \_\_\_\_\_  
 SNACK: \_\_\_\_\_  
 LUNCH: \_\_\_\_\_  
 SNACK: \_\_\_\_\_  
 DINNER: \_\_\_\_\_  
 SNACK: \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						

TODAY'S WORKOUT: \_\_\_\_\_

Day:

BREAKFAST: \_\_\_\_\_  
 SNACK: \_\_\_\_\_  
 LUNCH: \_\_\_\_\_  
 SNACK: \_\_\_\_\_  
 DINNER: \_\_\_\_\_  
 SNACK: \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						

TODAY'S WORKOUT: \_\_\_\_\_