



Day <u> </u> <u>Breakfast</u> Protein _____ Starch _____ Notes: _____	<u>Lunch</u> Protein _____ Fruit/Starch _____ Vege or Fiber Supp _____	<u>Dinner</u> Protein _____ Fat or starch _____ Vege or Fiber Supp _____ Snack(s) _____	Water _____ Vitamin _____ # Supplements _____	<u>Personal Grade</u> **See Note Below
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All portions and specific food choices are based on individual plans. It is advisable to save your # Supplements for between meal snacks to help keep you in a fat burning mode.

****Personal Grade: A or C “A” = responsible ADULT food choices. “C” = irresponsible CHILDLIKE food choices.**