

Date \_\_\_\_\_



Veggies Fruits no banana Meat eggs yogurt Beans potatos rice oatmeal Hummas cheese Avacado nuts Olives fix 21 dressings

Row of 6 boxes: 5 green, 1 dotted green.

Row of 4 purple boxes.

Row of 6 red boxes.

Row of 4 yellow-green boxes.

Row of 2 boxes: 1 blue, 1 orange.

Oil (tsp) Row of 6 red boxes.

Water 2 rows of 4 white boxes.

Exercise 1 white box.

Date \_\_\_\_\_



Veggies Fruits no banana Meat eggs yogurt Beans potatos rice oatmeal Hummas cheese Avacado nuts Olives fix 21 dressings

Row of 6 boxes: 5 green, 1 dotted green.

Row of 4 purple boxes.

Row of 6 red boxes.

Row of 4 yellow-green boxes.

Row of 2 boxes: 1 blue, 1 orange.

Oil (tsp) Row of 6 red boxes.

Water 2 rows of 4 white boxes.

Exercise 1 white box.

Date \_\_\_\_\_



Veggies  
Fruits  
no banana  
Meat  
eggs  
yogurt  
Beans  
potatos  
rice  
oatmeal  
Hummas  
cheese  
Avacado  
nuts  
Olives  
fix 21 dressings

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Oil (tsp)

Water

Exercise

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Oil (tsp)

Water

Exercise

Date \_\_\_\_\_



Veggies



Fruits  
no banana



Meat  
eggs  
yogurt



Beans  
potatos  
rice  
oatmeal



Hummas  
cheese  
Avacado  
nuts



Olives  
fix 21 dressings

Oil (tsp)

Water

Exercise

Mon

Total Body Cardio

Tues.

Upper Fix

Wed.

Lower Fix

Thurs.

Pilates Fix

Fri.

Cardio Fix

Sat.

Dirty 30

Sun

Yoga Fix