









LiveWhole365 started as a joke. Almost. I threw it out there in conversation after splitting a \$5 take-out pizza and washing it down with a cold Dr. Pepper. I felt horrible and knew the culprit was food. As you know, the best time to talk about change is when you're feeling fed-up and miserable with the current situation. An entire year of whole eating didn't sound quite as fantastic in the morning light. However, with each bad choice we made regarding eating and the physical symptoms that followed, LiveWhole365 became more of a solid idea than a passing thought.

After Kristin and I spent some time crunching numbers and looking at calendars, we decided that a 90/10 split would be a great option for our lifestyle. Meaning, 90 percent of the year, we would take an approach to eating that we already know our bodies love. Fresh produce and proteins will dominate 2016, leaving room for a little cheat here and there - roughly 36 days. See? It doesn't sound bad at all when you look at it that way!

Why? That's the biggest question we are posed with when explaining LiveWhole365 to others. The reasons are countless, but from previous experience with eating whole, here are a few of our favorites.

**FALL IN LOVE WITH FOOD.** I'll admit that until recently, I wasn't a huge vegetable eater. I relied heavily on take-out and over processed foods. Instead of sticking with old habits, I started cooking with new produce. I've learned to love a variety of vegetables and fruits. My kitchen is fun and exciting. I am creating new recipes and giving old favorites a healthy twist.

**FEEL GREAT.** You'll quickly see just how much better you feel. The energy levels are amazing! Not only that, but when you cook with whole foods, you know exactly what is going into your body.

**BE THE EXAMPLE.** With young children watching me daily, I owe it to them to take charge of my eating and set a healthy example. Teaching them to love a variety of healthy choices and look at food in a positive light will make an impact on their overall health and self-esteem.

Our biggest advice is to plan ahead! In this eBook, we've seriously given you all of the tools to successfully execute the LiveWhole365 plan right along with us! It may seem like a huge commitment at first, but with planning and follow-through, it'll become second nature in no time. Make a plan at the beginning of each week using our guides, make a shopping list, and purchase all the the ingredients you need. You will have immeasurably more success when you plan ahead and stock your kitchen with the ingredients you need to be successful.

Most importantly, stay motivated. Surround yourself with friends and family who inspire you or talk a friend into trying it with you! Make time to schedule and plan for the week - you are important enough for the time and dedication. Sadly, it's easier to break a commitment to ourselves than to others, so let everyone know what you're doing! Most importantly, before you begin, make a list of your **whys**, keep it in a safe place and refer back to it any time you feel discouraged.

Join us every other Friday in 2016, as we share our journey of eating whole for a whole year.

Good Luck!

*Jennifer Green*

lifeinthegreenhouse.com





# SUGGESTED GROCERY LIST

## FRUITS

apples  
bananas  
berries  
cherries  
grapefruit  
grapes  
lemons  
limes  
melon  
oranges  
peaches  
pears  
pineapple  
watermelon

## NUTS + SEEDS

almonds  
cashews  
flax seeds  
pecans  
sesame seeds  
sunflower seeds  
walnuts

## FRIDGE/FROZEN

eggs  
ghee  
frozen fruit  
unseasoned SP fries  
mixed veggies

## VEGGIES

avacado  
artichoke  
arugula  
asparagus  
bell pepper  
broccoli  
brussels sprouts  
cabbage  
carrots  
cauliflower  
celery  
cucumber  
eggplant  
garlic  
green beans  
greens  
kale  
lettuce  
mushrooms  
onion  
parsnips  
radish  
shallots  
spinach  
sprouts  
squash  
tomatos  
zucchini

## MEAT + DELI

bacon (sugar free)  
chicken  
chicken/apple sausage  
deli meat  
ground beef  
roast  
seafood  
steak  
turkey

## PANTRY SUPPLIES

bay leaves  
broth (sugar free)  
cajun seasoning  
chili powder  
coconut butter  
coconut milk  
coconut oil  
cooking spray  
cumin  
extra virgin olive oil  
fajita seasoning  
garlic powder  
olives  
salt  
pepper  
red pepper flakes  
rosemary  
thyme  
unsweetened coconut flakes



# SAMPLE WEEKLY MEAL PLAN

## MONDAY

- B sweet potato and sausage muffins with fruit
- L flt roll ups
- D plantain nachos
- S mini compliant lara bars

## TUESDAY

- B bacon, eggs and fruit
- L chicken salad with raw veggies
- D fajitas on a bed of lettuce
- S fruit smoothie with fresh orange juice

## WEDNESDAY

- B fajita omelet
- L flt roll ups
- D "barbecue" shrimp with roasted vegetables
- S apples with almond butter

## THURSDAY

- B omelet cups
- L fajita wraps
- D chicken salad with balsamic vinegar dressing
- S chia seed pudding

## FRIDAY

- B bacon, eggs and roasted potatoes
- L "barbecue" shrimp salad
- D sweet potato and kale soup
- S mini compliant lara bars

## SATURDAY

- B omelet cups
- L chicken salad with balsamic inger dressing
- D steak with roasted veggies
- S fresh fruit or vegetables

## SUNDAY

- B steak and eggs
- L leftover soup
- D spaghetti squash spaghetti
- S chia seed pudding or smoothie

## NOTES + THOUGHTS

use this space to jot down ingredients you need to pick up at the store, recipes you'd like to try or other notes of encouragement.





# JANUARY 2016

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>
27	28	29	30	31	1	2
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*planned off-days*

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*floating off-days*

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# WEEKLY MEAL PLAN

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



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WEEK OF:



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NOTES + THOUGHTS:



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NOTES + THOUGHTS:



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NOTES + THOUGHTS:



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# FEBRUARY 2016

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28	29	1	2	3	4	5
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planned off-days

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floating off-days

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# WEEKLY MEAL PLAN

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WEEK OF:



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NOTES + THOUGHTS:





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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

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day/date: \_\_\_\_\_  
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# WEEKLY MEAL PLAN

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## TUESDAY

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WEEK OF:



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NOTES + THOUGHTS:





# DAILY MEAL TRACKER



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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



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NOTES + THOUGHTS:





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# MARCH 2016

sunday	monday	tuesday	wednesday	thursday	friday	saturday
28	29	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

planned off-days

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floating off-days

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# WEEKLY MEAL PLAN

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NOTES + THOUGHTS:



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NOTES + THOUGHTS:



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NOTES + THOUGHTS:



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NOTES + THOUGHTS:



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breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 

day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
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snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 

day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 

day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 

day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 







# APRIL 2016

sunday	monday	tuesday	wednesday	thursday	friday	saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7

planned off-days

○  
○  
○  
○  
○

floating off-days

○  
○  
○

notes

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# WEEKLY MEAL PLAN

## MONDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

## TUESDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

## WEDNESDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

## THURSDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

WEEK OF:



FRIDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

SATURDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

SUNDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
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dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
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dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 



# WEEKLY MEAL PLAN

## MONDAY

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L \_\_\_\_\_

D \_\_\_\_\_

S \_\_\_\_\_

## TUESDAY

B \_\_\_\_\_

L \_\_\_\_\_

D \_\_\_\_\_

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## WEDNESDAY

B \_\_\_\_\_

L \_\_\_\_\_

D \_\_\_\_\_

S \_\_\_\_\_

## THURSDAY

B \_\_\_\_\_

L \_\_\_\_\_

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WEEK OF:



FRIDAY

B \_\_\_\_\_

L \_\_\_\_\_

D \_\_\_\_\_

S \_\_\_\_\_

SATURDAY

B \_\_\_\_\_

L \_\_\_\_\_

D \_\_\_\_\_

S \_\_\_\_\_

SUNDAY

B \_\_\_\_\_

L \_\_\_\_\_

D \_\_\_\_\_

S \_\_\_\_\_

NOTES + THOUGHTS:





# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
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breakfast: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 



# WEEKLY MEAL PLAN

## MONDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

## TUESDAY

B \_\_\_\_\_  
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## WEDNESDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

## THURSDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
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WEEK OF:



FRIDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
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SATURDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

SUNDAY

B \_\_\_\_\_  
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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

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snack: \_\_\_\_\_  
water: 



# WEEKLY MEAL PLAN

## MONDAY

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L \_\_\_\_\_  
D \_\_\_\_\_  
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## TUESDAY

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## WEDNESDAY

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## THURSDAY

B \_\_\_\_\_  
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WEEK OF:



FRIDAY

B \_\_\_\_\_  
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D \_\_\_\_\_  
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SATURDAY

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SUNDAY

B \_\_\_\_\_  
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D \_\_\_\_\_  
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NOTES + THOUGHTS:





# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
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lunch: \_\_\_\_\_

snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 



# WEEKLY MEAL PLAN

## MONDAY

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D \_\_\_\_\_

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## TUESDAY

B \_\_\_\_\_

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D \_\_\_\_\_

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## WEDNESDAY

B \_\_\_\_\_

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D \_\_\_\_\_

S \_\_\_\_\_

## THURSDAY

B \_\_\_\_\_

L \_\_\_\_\_

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WEEK OF:



FRIDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
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SATURDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
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SUNDAY

B \_\_\_\_\_  
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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

snack: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
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snack: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 





# MAY 2016

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

*planned off-days*

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○  
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*floating off-days*

○  
○  
○

*notes*

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# WEEKLY MEAL PLAN

## MONDAY

B \_\_\_\_\_

L \_\_\_\_\_

D \_\_\_\_\_

S \_\_\_\_\_

## TUESDAY

B \_\_\_\_\_

L \_\_\_\_\_

D \_\_\_\_\_

S \_\_\_\_\_

## WEDNESDAY

B \_\_\_\_\_

L \_\_\_\_\_

D \_\_\_\_\_

S \_\_\_\_\_

## THURSDAY

B \_\_\_\_\_

L \_\_\_\_\_

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WEEK OF:



FRIDAY

B \_\_\_\_\_  
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D \_\_\_\_\_  
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SATURDAY

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SUNDAY

B \_\_\_\_\_  
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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

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# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

B \_\_\_\_\_

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WEEK OF:



FRIDAY

B \_\_\_\_\_

L \_\_\_\_\_

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SATURDAY

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SUNDAY

B \_\_\_\_\_

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
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snack: \_\_\_\_\_  
water: 



# WEEKLY MEAL PLAN

## MONDAY

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L \_\_\_\_\_  
D \_\_\_\_\_  
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## TUESDAY

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## WEDNESDAY

B \_\_\_\_\_  
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## THURSDAY

B \_\_\_\_\_  
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WEEK OF:



FRIDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
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SATURDAY

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SUNDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

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dinner: \_\_\_\_\_  
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breakfast: \_\_\_\_\_  
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lunch: \_\_\_\_\_

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snack: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
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snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 



# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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WEEK OF:



FRIDAY

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SATURDAY

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SUNDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

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snack: \_\_\_\_\_  
water: 



# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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WEEK OF:



FRIDAY

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SATURDAY

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SUNDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
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snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 





# JUNE 2016

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

*planned off-days*

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*floating off-days*

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*notes*

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# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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WEEK OF:



FRIDAY

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SUNDAY

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NOTES + THOUGHTS:





# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
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# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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WEEK OF:



FRIDAY

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SATURDAY

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SUNDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
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# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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WEEK OF:



FRIDAY

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SATURDAY

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SUNDAY

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NOTES + THOUGHTS:





# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
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# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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WEEK OF:



FRIDAY

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SATURDAY

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SUNDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
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# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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WEEK OF:



FRIDAY

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SATURDAY

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NOTES + THOUGHTS:





# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
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snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 





# JULY 2016

sunday	monday	tuesday	wednesday	thursday	friday	saturday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

planned off-days

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floating off-days

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notes

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# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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WEEK OF:



FRIDAY

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SATURDAY

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SUNDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
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# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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WEEK OF:



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SATURDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



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# WEEKLY MEAL PLAN

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## TUESDAY

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## WEDNESDAY

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WEEK OF:



FRIDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



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# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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WEEK OF:



FRIDAY

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SATURDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



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## TUESDAY

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WEEK OF:



FRIDAY

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SUNDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



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snack: \_\_\_\_\_  
water: 







# AUGUST 2016

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

*planned off-days*

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*floating off-days*

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*notes*

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# WEEKLY MEAL PLAN

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WEEK OF:



FRIDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



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# WEEKLY MEAL PLAN

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## TUESDAY

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WEEK OF:



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NOTES + THOUGHTS:





# DAILY MEAL TRACKER



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WEEK OF:



FRIDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



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NOTES + THOUGHTS:





# DAILY MEAL TRACKER



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day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 

day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
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snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 

day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 



# WEEKLY MEAL PLAN

## MONDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

## TUESDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

## WEDNESDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

## THURSDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
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WEEK OF:



FRIDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

SATURDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
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SUNDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 

day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
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snack: \_\_\_\_\_  
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snack: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
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snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 





# SEPTEMBER 2016

sunday	monday	tuesday	wednesday	thursday	friday	saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	8	29	30	1
2	3	4	5	6	7	8

planned off-days

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floating off-days

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notes

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# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

B \_\_\_\_\_  
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WEEK OF:



FRIDAY

B \_\_\_\_\_

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SATURDAY

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SUNDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
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dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 



# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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WEEK OF:



FRIDAY

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SATURDAY

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SUNDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
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breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

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dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 



# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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WEEK OF:



FRIDAY

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SATURDAY

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SUNDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

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snack: \_\_\_\_\_  
water: 



# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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WEEK OF:



FRIDAY

B \_\_\_\_\_  
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SATURDAY

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SUNDAY

B \_\_\_\_\_  
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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
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snack: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
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dinner: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
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day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
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lunch: \_\_\_\_\_

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dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 



# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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D \_\_\_\_\_  
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## THURSDAY

B \_\_\_\_\_  
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WEEK OF:



FRIDAY

B \_\_\_\_\_

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SATURDAY

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SUNDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

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day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 





# OCTOBER 2016

sunday	monday	tuesday	wednesday	thursday	friday	saturday
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

planned off-days

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floating off-days

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notes

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# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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WEEK OF:



FRIDAY

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SATURDAY

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SUNDAY

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NOTES + THOUGHTS:





# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
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# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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WEEK OF:



FRIDAY

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SATURDAY

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SUNDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
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# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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WEEK OF:



FRIDAY

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SATURDAY

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NOTES + THOUGHTS:





# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
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# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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WEEK OF:



FRIDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



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WEEK OF:



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NOTES + THOUGHTS:





# DAILY MEAL TRACKER



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snack: \_\_\_\_\_  
water: 





# NOVEMBER 2016

sunday	monday	tuesday	wednesday	thursday	friday	saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

planned off-days

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floating off-days

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notes

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# WEEKLY MEAL PLAN

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## TUESDAY

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## THURSDAY

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WEEK OF:



FRIDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



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# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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WEEK OF:



FRIDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
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# WEEKLY MEAL PLAN

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WEEK OF:



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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



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## TUESDAY

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WEEK OF:



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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



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NOTES + THOUGHTS:



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breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 







# DECEMBER 2016

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

*planned off-days*

○  
○  
○  
○  
○

*floating off-days*

○  
○  
○

*notes*

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# WEEKLY MEAL PLAN

## MONDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

## TUESDAY

B \_\_\_\_\_  
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## WEDNESDAY

B \_\_\_\_\_  
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S \_\_\_\_\_

## THURSDAY

B \_\_\_\_\_  
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WEEK OF:



FRIDAY

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D \_\_\_\_\_  
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SATURDAY

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S \_\_\_\_\_

SUNDAY

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_  
S \_\_\_\_\_

NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

snack: \_\_\_\_\_  
dinner: \_\_\_\_\_  
snack: \_\_\_\_\_  
water: 

day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
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water: 



# WEEKLY MEAL PLAN

## MONDAY

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L \_\_\_\_\_  
D \_\_\_\_\_  
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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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WEEK OF:



FRIDAY

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SATURDAY

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SUNDAY

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NOTES + THOUGHTS:





# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
breakfast: \_\_\_\_\_  
snack: \_\_\_\_\_  
lunch: \_\_\_\_\_

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dinner: \_\_\_\_\_  
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# WEEKLY MEAL PLAN

## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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WEEK OF:



FRIDAY

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SATURDAY

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SUNDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



day/date: \_\_\_\_\_  
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## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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WEEK OF:



FRIDAY

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SATURDAY

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SUNDAY

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NOTES + THOUGHTS:





# DAILY MEAL TRACKER



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FRIDAY

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SATURDAY

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SUNDAY

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NOTES + THOUGHTS:



# DAILY MEAL TRACKER



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