



FOOD

THE FAT LOSS *Toolkit*



CALENDAR/PLANNING

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	P: V: C: F:	P: V: C: F:	P: V: C: F:	P: V: C: F:
TUE	P: V: C: F:	P: V: C: F:	P: V: C: F:	P: V: C: F:
WED	P: V: C: F:	P: V: C: F:	P: V: C: F:	P: V: C: F:
THU	P: V: C: F:	P: V: C: F:	P: V: C: F:	P: V: C: F:
FRI	P: V: C: F:	P: V: C: F:	P: V: C: F:	P: V: C: F: