

Week of:

Sunday		Fat (g)	Carbs (g)	Calories	Notes
		1/10/10/10/10/1/			
Breakfast:			7		
Stiduk.					
Lunch:					
Snack:					
Dinner:	500		1	2	
Dessert/Other:			2		
	Total:				
Monday	1000				
Breakfast:					
Snack:					
Lunch:					
Snack:					
Dinner:				-	
Dinner:			1		
SWITTER STORY	Total:		101	- /	
Tuesday	1000000				
Breakfast:			0 7	7	
Snack:			7		
Lunch:					
Snack:			3		
Snack:			7		
Dessert/Other:			7		
Desserv Other.					
	Total:		50		
Wednesday	(Otal)				
Deservation					
Breakfast:					
Oliduk					
Lunch:					
oriack.					
Diffici.	1)				
Dessert/Other:					
			0 8		
AN AN	Total:		S 1		
Thursday					
Pronkfact:					
Breakfast:			-		
Stiack.					
Lunch:					
Snack,					
Dinner:					
Dessert/Other:					
W					
Friday	Total:				
Breakfast:			- 1	- 2	
Oriation.					
Lunch:					
Shack:			4		
Dinner;			1 2		
Dinner:					
			5 1		
S-tt	Total:				
Saturday					
Breakfast:			10 Y	T	
Official.			3		
Lunch:					
Snack:					
Dinner: Dessert/Other:					
Desservouler					
	Total:				