

Day: M T W Th Fr Sat Sun Date: \_\_\_\_\_

Water: \_\_\_\_\_

Exercise: \_\_\_\_\_

	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Protein					
Protein Packets					
Opti: 800 / HP					
Protein Bar					
Vegetables					
Fruit					
Dairy					

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