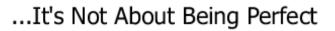




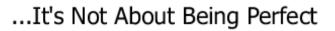
#### **Healthy "Fat Loss" Lifestyle Menu Sheet**

Start planning out your menus below.

BREAKFAST:			
Option 1			
Option 2			
Option 3			



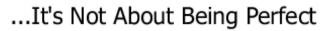
NACKS:
ption 1
ption 2
ption 3

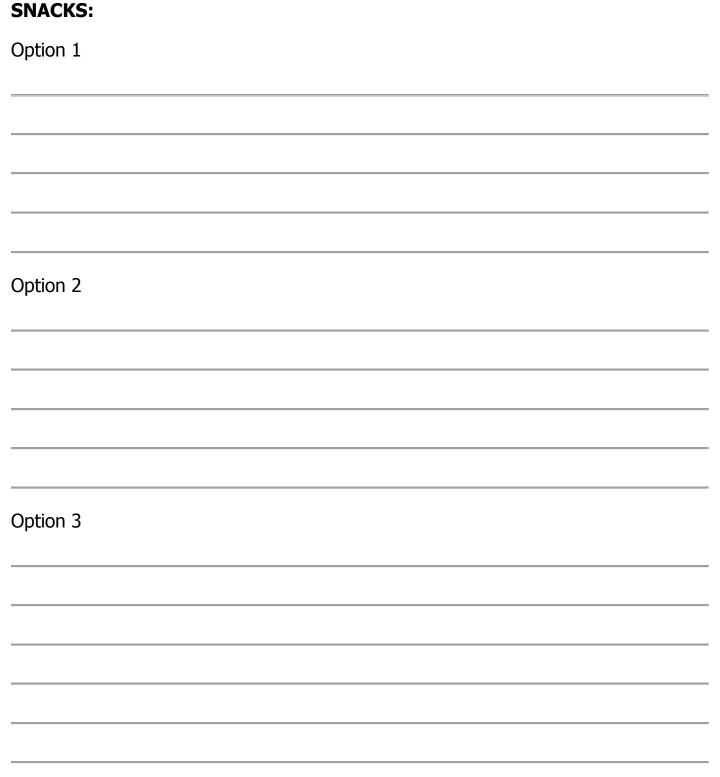


JNCH:	
otion 1	
otion 2	
otion 3	



Option 4			
Option 5			
Option 6			







DINNEK:			
Option 1			
Option 2			
Option 3			



Option 4			
Option 5			
Option 6			



EXTRA NOTES AND IDEAS:				