



The Mindset Behind Getting Into Awesome Shape

...It's Not About Being Perfect



Healthy "Fat Loss" Lifestyle Menu Sheet

Start planning out your menus below.

BREAKFAST:

Option 1

Option 2

Option 3



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SNACKS:

Option 1

Option 2

Option 3



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LUNCH:

Option 1

Option 2

Option 3



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Option 4

Option 5

Option 6



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SNACKS:

Option 1

Option 2

Option 3



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DINNER:

Option 1

Option 2

Option 3



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Option 4

Option 5

Option 6
