

MEAL TRACKER Core De Force

	container						
	veggies	fruit	protein	carbs	healthy fats & cheese	seeds & oils	teaspoon
calorie target:							
day:							
meal one:							
meal two:							
meal three:							
meal four:							
meal five:							
meal six:							

day:							
meal one:							
meal two:							
meal three:							
meal four:							
meal five:							
meal six:							

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meal two:							
meal three:							
meal four:							
meal five:							
meal six:							