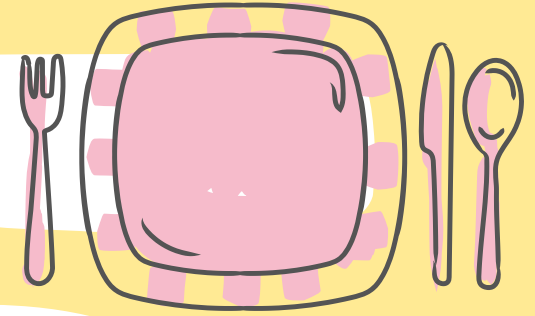




DAILY MEAL PLAN



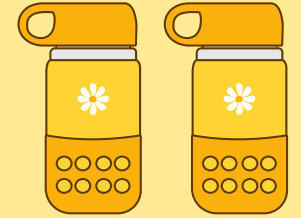
Breakfast



Lunch



Dinner



Water Goal:
Fill your
bottle at least
twice a day!



Morning
Snack



Afternoon
Snack



Bedtime
Snack

Still hungry? You can have a snack from your "yes box" or a fruit or veggie any time!