

Date: _____ Weekly Weigh in: _____ My 3 Power Words or Affirmation: _____

WEEK #1 Day #1

MORNING

- Fat/Oils _____
- Protein _____
- Carbs _____
- Coffee/tea/shake
Or Bone broth

LUNCH

- Fat/Oils _____
- Protein _____
- Carbs _____

DINNER

- Fat/Oils _____
- Protein _____
- Carbs _____

SNACKS

- Fat/Oils _____
- Protein _____
- Carbs _____

FRUITS

- Serving 1 _____
- Serving 2 _____

WATER

- Total ounces _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Fats-140g Pro-90g Carb-80g Cal 1940

Day #2

MORNING

- Fat/Oils _____
- Protein _____
- Carbs _____
- Coffee/tea/shake
Or Bone broth

LUNCH

- Fat/Oils _____
- Protein _____
- Carbs _____

DINNER

- Fat/Oils _____
- Protein _____
- Carbs _____

SNACKS

- Fat/Oils _____
- Protein _____
- Carbs _____

FRUITS

- Serving 1 _____
- Serving 2 _____

WATER

- Total ounces _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

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Day #3
MORNING

- Fat/Oils _____
- Protein _____
- Carbs _____
- Coffee/tea/shake
Or Bone broth

LUNCH

- Fat/Oils _____
- Protein _____
- Carbs _____

DINNER

- Fat/Oils _____
- Protein _____
- Carbs _____

SNACKS

- Fat/Oils _____
- Protein _____
- Carbs _____

FRUITS

- Serving 1 _____
- Serving 2 _____

WATER

- Total ounces _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Fats-140g Pro-90g Carb-80g Cal 1940

Day #4
MORNING

- Fat/Oils _____
- Protein _____
- Carbs _____
- Coffee/tea/shake
Or Bone broth

LUNCH

- Fat/Oils _____
- Protein _____
- Carbs _____

DINNER

- Fat/Oils _____
- Protein _____
- Carbs _____

SNACKS

- Fat/Oils _____
- Protein _____
- Carbs _____

FRUITS

- Serving 1 _____
- Serving 2 _____

WATER

- Total ounces _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Fats-140g Pro-90g Carb-80g Cal 1940

Date: _____ Weekly Weigh in: _____ My 3 Power Words or Affirmation: _____

Day #5
MORNING

- Fat/Oils _____
- Protein _____
- Carbs _____
- Coffee/tea/shake _____
- Or Bone broth _____

LUNCH

- Fat/Oils _____
- Protein _____
- Carbs _____

DINNER

- Fat/Oils _____
- Protein _____
- Carbs _____

SNACKS

- Fat/Oils _____
- Protein _____
- Carbs _____

FRUITS

- Serving 1 _____
- Serving 2 _____

WATER

- Total ounces _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Fats-140g Pro-90g Carb-80g Cal 1940

Day #6
MORNING

- Fat/Oils _____
- Protein _____
- Carbs _____
- Coffee/tea/shake _____
- Or Bone broth _____

LUNCH

- Fat/Oils _____
- Protein _____
- Carbs _____

DINNER

- Fat/Oils _____
- Protein _____
- Carbs _____

SNACKS

- Fat/Oils _____
- Protein _____
- Carbs _____

FRUITS

- Serving 1 _____
- Serving 2 _____

WATER

- Total ounces _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Fats-140g Pro-90g Carb-80g Cal 1940

Date: _____ Weekly Weigh in: _____ My 3 Power Words or Affirmation: _____

Day #7

MORNING

- Fat/Oils _____
- Protein _____
- Carbs _____
- Coffee/tea/shake
Or Bone broth

LUNCH

- Fat/Oils _____
- Protein _____
- Carbs _____

DINNER

- Fat/Oils _____
- Protein _____
- Carbs _____

SNACKS

- Fat/Oils _____
- Protein _____
- Carbs _____

FRUITS

- Serving 1 _____
- Serving 2 _____

WATER

- Total ounces _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Fats-140g Pro-90g Carb-80g Cal 1940