Nancy Adler CERTIFIED FITNESS & NUTRITION C.F.T./S.S.N./S.S.C.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
PROTEINS ☐☐☐	PROTEINS ☐☐☐	PROTEINS ☐☐☐	PROTEINS ☐☐☐	PROTEINS ☐☐☐	PROTEINS ☐☐☐	PROTEINS ☐☐☐
STARCHES ☐☐	STARCHES ☐☐	STARCHES ☐☐	STARCHES ☐☐	STARCHES ☐☐	STARCHES ☐☐	STARCHES ☐☐
VEGGIES ☐☐☐	VEGGIES ☐☐☐	VEGGIES ☐☐☐	VEGGIES ☐☐☐	VEGGIES ☐☐☐	VEGGIES ☐☐☐	VEGGIES ☐☐☐
FRUITS ☐☐☐	FRUITS ☐☐☐	FRUITS ☐☐☐	FRUITS ☐☐☐	FRUITS ☐☐☐	FRUITS ☐☐☐	FRUITS ☐☐☐
SKIM MILK ☐ SALAD DRESSING ☐ FAT - 1 TBSP. ☐ VITAMIN ☐	SKIM MILK ☐ SALAD DRESSING ☐ FAT - 1 TBSP. ☐ VITAMIN ☐	SKIM MILK ☐ SALAD DRESSING ☐ FAT - 1 TBSP. ☐ VITAMIN ☐	SKIM MILK ☐ SALAD DRESSING ☐ FAT - 1 TBSP. ☐ VITAMIN ☐	SKIM MILK ☐ SALAD DRESSING ☐ FAT - 1 TBSP. ☐ VITAMIN ☐	SKIM MILK ☐ SALAD DRESSING ☐ FAT - 1 TBSP. ☐ VITAMIN ☐	SKIM MILK ☐ SALAD DRESSING ☐ FAT - 1 TBSP. ☐ VITAMIN ☐
WATER ☐☐☐☐☐☐☐☐	WATER ☐☐☐☐☐☐☐☐	WATER ☐☐☐☐☐☐☐☐	WATER ☐☐☐☐☐☐☐☐	WATER ☐☐☐☐☐☐☐☐	WATER ☐☐☐☐☐☐☐☐	WATER ☐☐☐☐☐☐☐☐
EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE