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      |
| LUNCH          |
| DINNER         |
| SNACK          |
| PROTEINS       |
| STARCHES       |
| VEGGIES        |
| FRUITS         |
| SKIM MILK      |
| SALAD DRESSING |
| FAT - 1 TBSP.  |
| VITAMIN        |
|                | WATER          | WATER          | WATER          | WATER          | WATER          | WATER          |
| EXERCISE       |