		_			T		I
Date:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast							
Mid Morning							
Lunch							
Afternoon							
Dinner							
Desert							
Post Work-out Shake							
Snacks							
Total per day:							
Total for the week: /56							
Date:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast							
Mid Morning							
Lunch							
Afternoon							
Dinner							
Desert							
Post Work-out Shake							
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