

February 2, 2017 Thursday

Checkmark when taken:

vitamins/supplements
protein drink
½ cup aloe vera juice

Put a check by the ones you eat:

½ cup asparagus
toast with cheese & milk
cottage cheese with fruit
oatmeal with raisins
yogurt
scrambled/hardboiled egg
ice cream
almonds or cashews
apple

Other food you ate today:

February 3, 2017 Friday

Checkmark when taken:

vitamins/supplements
protein drink
½ cup aloe vera juice

Put a check by the ones you eat:

½ cup asparagus
toast with cheese & milk
cottage cheese with fruit
oatmeal with raisins
yogurt
scrambled/hardboiled egg
ice cream
almonds or cashews
apple

Other food you ate today:

February 4, 2017 Saturday

Checkmark when taken:

vitamins/supplements
protein drink
½ cup aloe vera juice

Put a check by the ones you eat:

½ cup asparagus
toast with cheese & milk
cottage cheese with fruit
oatmeal with raisins
yogurt
scrambled/hardboiled egg
ice cream
almonds or cashews
apple

Other food you ate today:

February 5, 2017 Sunday

Checkmark when taken:

vitamins/supplements
protein drink
½ cup aloe vera juice

Put a check by the ones you eat:

½ cup asparagus
toast with cheese & milk
cottage cheese with fruit
oatmeal with raisins
yogurt
scrambled/hardboiled egg
ice cream
almonds or cashews
apple

Other food you ate today:

February 6, 2017 Monday

Checkmark when taken:

vitamins/supplements
protein drink
½ cup aloe vera juice

Put a check by the ones you eat:

½ cup asparagus
toast with cheese & milk
cottage cheese with fruit
oatmeal with raisins
yogurt
scrambled/hardboiled egg
ice cream
almonds or cashews
apple

Other food you ate today:

February 7, 2017 Tuesday

Checkmark when taken:

vitamins/supplements
protein drink
½ cup aloe vera juice

Put a check by the ones you eat:

½ cup asparagus
toast with cheese & milk
cottage cheese with fruit
oatmeal with raisins
yogurt
scrambled/hardboiled egg
ice cream
almonds or cashews
apple

Other food you ate today:

February 8, 2017 Wednesday

Checkmark when taken:

vitamins/supplements
protein drink
½ cup aloe vera juice

Put a check by the ones you eat:

½ cup asparagus
toast with cheese & milk
cottage cheese with fruit
oatmeal with raisins
yogurt
scrambled/hardboiled egg
ice cream
almonds or cashews
apple

Other food you ate today:

February 9, 2017 Thursday

Checkmark when taken:

vitamins/supplements
protein drink
½ cup aloe vera juice

Put a check by the ones you eat:

½ cup asparagus
toast with cheese & milk
cottage cheese with fruit
oatmeal with raisins
yogurt
scrambled/hardboiled egg
ice cream
almonds or cashews
apple

Other food you ate today: