



Daily Food Journal-Days 31-LTYB phase 1



DAY :	Breakfast	Lunch	Dinner	Snacks	Total
DATE :	Serving Size per meal				Ounces for the Day
Apple					
Orange					
Strawberries					
Asparagus					
Beet Greens / Chard					
Cabbage / Fennel					
Celery					
Cucumber					
Lettuce					
Onion					
Radish					
Spinach					
Tomatoes					
1 Whole Egg And 2 Egg Whites					
Chicken Breast 95%					
Sliced Deli Turkey 96%					
Extra Lean 96% Ground Turkey					
Flounder / Sole					
Chilean Sea Bass					
Halibut					
Shrimp					
Crab / Lobster					
Veal Shank - Lean Only					
Extra Lean 96% Ground Beef					
Sirloin or Flank Steak					
Lean Ground Bison					
Mustard					
Lemon Juice / Wedge					
Protein Pretzels					
Chocolate Pudding/Shake Supp					
Vanilla Pudding/Shake Supp					
1 cup of Skim or 1% Milk					
1 cup of Greek Non-Fat Yogurt					
Coffee/Herbal Tea Ounces Today					
Water Ounces Today					

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