

ALL FOOD ALL DRINKS	Day 1	Day 2.....	Day 3	Day 4	Day 5.....
On rising					
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Exercise					
Comments					

ALL FOOD ALL DRINKS	Day 6	Day 7	Check List
On rising			<p>Are you remembering to do the following:</p> <ul style="list-style-type: none"> ▪ Drink 2 to 3 litres of water per day + 500 mL for each hour of exercise ▪ Have your 2 dessertspoons of flaxseed or olive oil each day ▪ Eat 1 serve of protein with each meal ▪ Eat at least 3 cups of allowed vegetables per day ▪ Eat a maximum of 1 serve of grains and 2 serves of fruit per day ▪ Eat a maximum of 2 snacks per day (protein snacks are best) ▪ Keep treats to an absolute maximum of 3 per week ▪ Have 1 smoothie with Everyday Balance Protein Powder (Full Serve: 2 rounded tablespoons; Snack Serve: 1 rounded tablespoon) <p>Are you exercising each day?</p> <p>Are you remembering to take your supplements?</p> <ul style="list-style-type: none"> ▪ Coleus Forte: 1 tablet 2 to 3 times daily ▪ GlucoBalance: 1 tablet with each meal, 3 times daily ▪ Omega 3 Forte: 1 capsule 2 to 3 times daily ▪ Everyday B Multi: 1 tablet daily <p>Or as prescribed by your practitioner</p> <p>Other supplements prescribed by your practitioner?</p>
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
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