



21 Day Fix Weekly Tally Sheet

1200-1500 cal

Time	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Check off your containers
Monday							GGG RRRR PP YY B O tsp tsp
Tuesday							GGG RRRR PP YY B O tsp tsp
Wednesday							GGG RRRR PP YY B O tsp tsp
Thursday							GGG RRRR PP YY B O tsp tsp
Friday							GGG RRRR PP YY B O tsp tsp
Saturday							GGG RRRR PP YY B O tsp tsp
Sunday							GGG RRRR PP YY B O tsp tsp