

21 Day Fix Diet Tally Sheets

Calorie Target:

Containers	Vegetable	Fruit	Protein	Carbs	Nuts/Dairy	Seeds/Fats	Oils

Day:	Vegetable	Fruit	Protein	Carbs	Nuts/Dairy	Seeds/Fats	Oils
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							

Day:	Vegetable	Fruit	Protein	Carbs	Nuts/Dairy	Seeds/Fats	Oils
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							

Day:	Vegetable	Fruit	Protein	Carbs	Nuts/Dairy	Seeds/Fats	Oils
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							

Day:	Vegetable	Fruit	Protein	Carbs	Nuts/Dairy	Seeds/Fats	Oils
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							

Insanity Food Guide Word Document

G Psacharopoulos



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