

	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	
Weigh Self																						
Measure Arms																						
Measure Hips																						
Measure Thighs																						
Measure Waist																						
Chicken																						
Shrimp																						
White fish (tilapia, halibut)																						
Extra lean ground beef																						
Buffalo Steak																						
Lobster																						
Crab																						
Veal																						
4 Egg Whites																						
Venison																						
Beef Steak																						
Turkey Breast																						
Green Salad																						
Cucumbers																						
Tomatoes																						
Celery																						
Onions																						
Spinach																						
Chard																						
Fennel																						
Red radishes																						
Asparagus																						
Cabbage																						
Chicory																						
Beet-greens																						
Melba Toast																						
Grissini																						
Apple																						
Orange																						
Grapefruit (1/2)																						
Strawberries (handful)																						
Water 100 oz																						
Coffee																						
Green Tea																						