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|  | **Breakfast** | **Lunch** | **Dinner** | **Snacks** | **Water** | **Exercise** | **Sleep** |
| **Day 1** |  | Starch/Protein:Veggie 1:Veggie 2: | Protein:Veggie 1:Veggie 2: | Snack 1:Snack 2: | 1 Liter ☐2 Liter ☐3 Liter ☐ | No ☐Yes ☐Describe:  | 6 hour ☐7 hour ☐8 hour ☐ |
| **Day 2** |  | Starch/Protein:Veggie 1:Veggie 2: | Protein:Veggie 1:Veggie 2: | Snack 1:Snack 2:  | 1 Liter ☐2 Liter ☐3 Liter ☐ | No ☐Yes ☐Describe:  | 6 hour ☐7 hour ☐8 hour ☐ |
| **Day 3** |  | Starch/Protein:Veggie 1:Veggie 2: | Protein:Veggie 1:Veggie 2: | Snack 1:Snack 2: | 1 Liter ☐2 Liter ☐3 Liter ☐ | No ☐Yes ☐Describe:  | 6 hour ☐7 hour ☐8 hour ☐ |
| **Day 4** |  | Starch/Protein:Veggie 1:Veggie 2: | Protein:Veggie 1:Veggie 2: | Snack 1:Snack 2: | 1 Liter ☐2 Liter ☐3 Liter ☐ | No ☐Yes ☐Describe:  | 6 hour ☐7 hour ☐8 hour ☐ |
| **Day 5** |  | Starch/Protein:Veggie 1:Veggie 2: | Protein:Veggie 1:Veggie 2: | Snack 1:Snack 2: | 1 Liter ☐2 Liter ☐3 Liter ☐ | No ☐Yes ☐Describe:  | 6 hour ☐7 hour ☐8 hour ☐ |
| **Day 6** |  | Starch/Protein:Veggie 1:Veggie 2: | Protein:Veggie 1:Veggie 2: | Snack 1:Snack 2: | 1 Liter ☐2 Liter ☐3 Liter ☐ | No ☐Yes ☐Describe:  | 6 hour ☐7 hour ☐8 hour ☐ |
| **Day 7:** |  | Starch/Protein:Veggie 1:Veggie 2: | Protein:Veggie 1:Veggie 2: | Snack 1:Snack 2: | 1 Liter ☐2 Liter ☐3 Liter ☐ | No ☐Yes ☐Describe:  | 6 hour ☐7 hour ☐8 hour ☐ |