

Name: \_\_\_\_\_

### 3 DAY BODY FAT REMOVAL JOURNAL SHEET

Meal #1/ Date:		Time:	Meal #1/ Date:		Time:	Meal #1/ Date:		Time:
Lean Protein			Lean Protein			Lean Protein		
Starchy Carb			Starchy Carb			Starchy Carb		
Fibrous Carb			Fibrous Carb			Fibrous Carb		
Other			Other			Other		
Meal #2		Time:	Meal #2		Time:	Meal #2		Time:
Lean Protein			Lean Protein			Lean Protein		
Starchy Carb			Starchy Carb			Starchy Carb		
Fibrous Carb			Fibrous Carb			Fibrous Carb		
Other			Other			Other		
Meal #3		Time:	Meal #3		Time:	Meal #3		Time:
Lean Protein			Lean Protein			Lean Protein		
Starchy Carb			Starchy Carb			Starchy Carb		
Fibrous Carb			Fibrous Carb			Fibrous Carb		
Other			Other			Other		
Meal #4		Time:	Meal #4		Time:	Meal #4		Time:
Lean Protein			Lean Protein			Lean Protein		
Starchy Carb			Starchy Carb			Starchy Carb		
Fibrous Carb			Fibrous Carb			Fibrous Carb		
Other			Other			Other		
Meal #5		Time:	Meal #5		Time:	Meal #5		Time:
Lean Protein			Lean Protein			Lean Protein		
Starchy Carb			Starchy Carb			Starchy Carb		
Fibrous Carb			Fibrous Carb			Fibrous Carb		
Other			Other			Other		
Meal #6		Time:	Meal #6		Time:	Meal #6		Time:
Lean Protein			Lean Protein			Lean Protein		
Starchy Carb			Starchy Carb			Starchy Carb		
Fibrous Carb			Fibrous Carb			Fibrous Carb		
Other			Other			Other		