

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Every day, MUST have 3:</b>							
fruits or veggies before 3pm							
servings of healthy fat							
servings of protein							
<b>Every day, Strive for 3:</b>							
servings of low fat or fat free dairy							
<b>Free-bees (no more than 3 a day):</b>							
servings of carbs							
caffeinated beverages							
<b>Every week, MUST have 3:</b>							
workouts							
salads-as-a-meal							
<b>Every week, Strive for 3:</b>							
servings of soy product							
servings of seafood							
strength training sessions							
<b>Free-bees (no more than 3 a week):</b>							
servings red meat							
cheats							
alcoholic beverages							
3 oz. Dark chocolate							
<b>Every day, must have:</b>							
multivitamin							
fish oil capsule							
water (strive for 1 cup with every snack and meal)							