

### Nutrition Record

	Morning Meals	Afternoon Meals	Evening Meals	Water/Supplements
Example	8:30: 1 cup oatmeal, banana and 2 cups coffee 10:00: 16oz almond milk latte	12:30: fish burrito, chips and salsa, diet coke 3:30: 2 chocolate chip cookies	6:30: beef stir fry with snap peas, broccoli and jasmine rice, 2 glasses of white wine	† 2 3 4 5 6 7 8 9 10 10,000 IU vitamin D 1 T fish oil
<b>Monday</b>				1 2 3 4 5 6 7 8 9 10
<b>Tuesday</b>				1 2 3 4 5 6 7 8 9 10
<b>Wednesday</b>				1 2 3 4 5 6 7 8 9 10
<b>Thursday</b>				1 2 3 4 5 6 7 8 9 10
<b>Friday</b>				1 2 3 4 5 6 7 8 9 10
<b>Saturday</b>				1 2 3 4 5 6 7 8 9 10
<b>Sunday</b>				1 2 3 4 5 6 7 8 9 10