

FITNESS CHALLENGE

DAILY MEAL PLAN GOAL

WEEK # _____

MONDAY

BREAKFAST



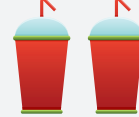
LUNCH



DINNER



SHAKE



WATER



TUESDAY

BREAKFAST



LUNCH



DINNER



SHAKE



WATER



WEDNESDAY

BREAKFAST



LUNCH



DINNER



SHAKE



WATER



THURSDAY

BREAKFAST



LUNCH



DINNER



SHAKE



WATER



FRIDAY

BREAKFAST



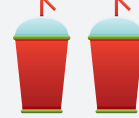
LUNCH



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SHAKE



WATER



SATURDAY

BREAKFAST



LUNCH



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SHAKE



WATER



SUNDAY

BREAKFAST



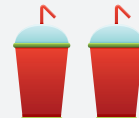
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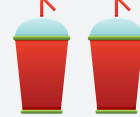
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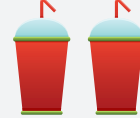
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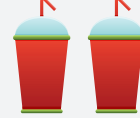
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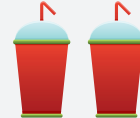
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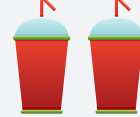
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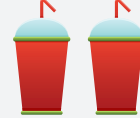
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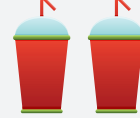
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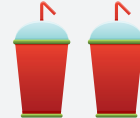
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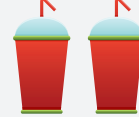
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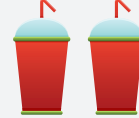
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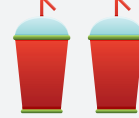
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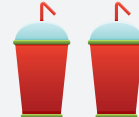
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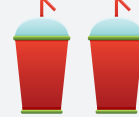
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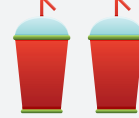
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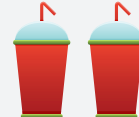
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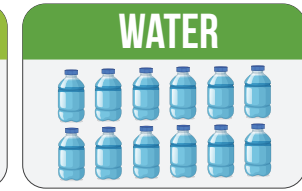
DINNER



SHAKE




WATER

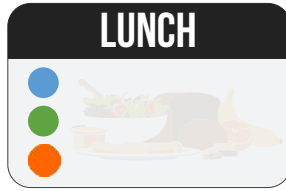


TUESDAY

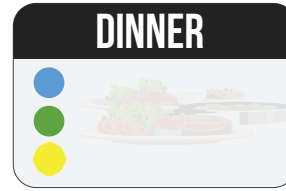
BREAKFAST



LUNCH



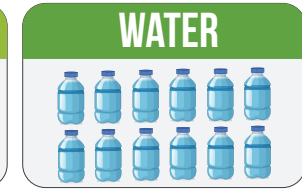
DINNER



SHAKE



WATER

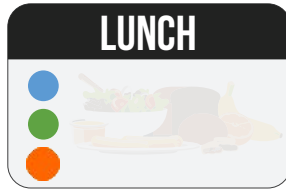


WEDNESDAY

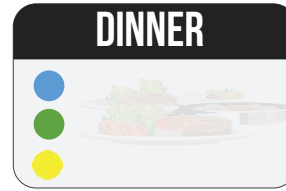
BREAKFAST



LUNCH



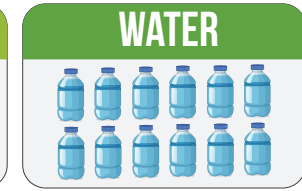
DINNER



SHAKE

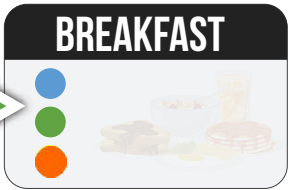


WATER

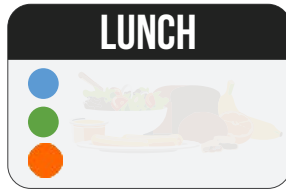


THURSDAY

BREAKFAST



LUNCH



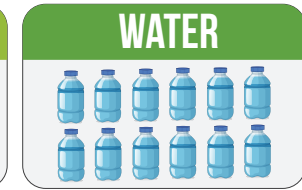
DINNER



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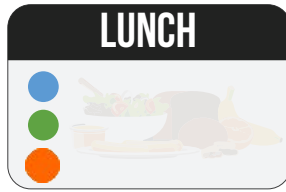


FRIDAY

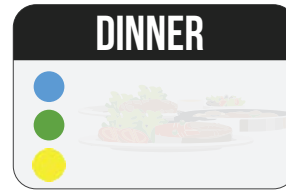
BREAKFAST



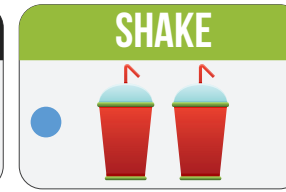
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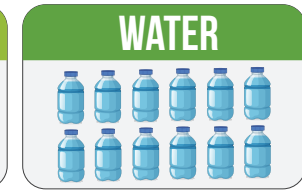
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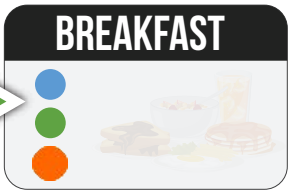


WATER

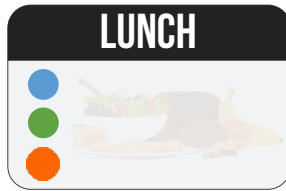


SATURDAY

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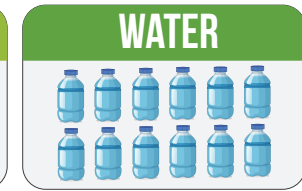
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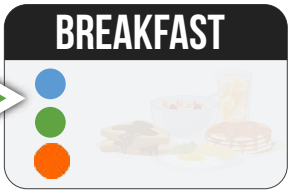


WATER

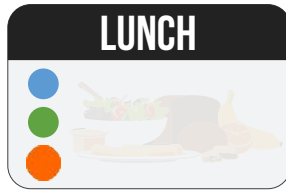


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