

The Diet Detox

| | | |
|---------------------|------------------|--------------|
| DAY: | Breakfast | <i>Time:</i> |
| | | P F S |
| | | P F S |
| | | P F S |
| | Snack | <i>Time:</i> |
| | | |
| | | |
| | Lunch | <i>Time:</i> |
| | | P F S |
| | | P F S |
| | | P F S |
| | | P F S |
| | Snack | <i>Time:</i> |
| | | |
| | | |
| | Dinner | <i>Time:</i> |
| | | P F S |
| | | P F S |
| | | P F S |
| | | P F S |
| Other | | |
| <i>Water:</i> | | |
| <i>Alcohol:</i> | | |
| <i>Exercise:</i> | | |
| <i>Supplements:</i> | | |