

Bikini Boss Fitness Meal Log

Please keep a log of everything you eat for the 1st 3 days of your plan and submit to Theresa at teambbccheckin@gmail.com

<u>Day 1</u>	<u>Protein</u>	<u>Veggie</u>	<u>Carb</u>
Meal 1	<hr/>		

Meal 2	<hr/>		
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Meal 3	<hr/>		
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Meal 4	<hr/>		
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Meal 5	<hr/>		
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Meal 6	<hr/>		
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<u>Day 2</u>	<u>Protein</u>	<u>Veggie</u>	<u>Carb</u>
Meal 1	<hr/>		

Meal 2	<hr/>		
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Meal 3	<hr/>		
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Meal 4	<hr/>		
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Meal 5	<hr/>		
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Meal 6	<hr/>		
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Meal 6	<hr/>		
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<u>Day 3</u>	<u>Protein</u>	<u>Veggie</u>	<u>Carb</u>
Meal 1	<hr/>		

Meal 2	<hr/>		
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Meal 3	<hr/>		
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Meal 4	<hr/>		
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Meal 5	<hr/>		
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Meal 6	<hr/>		
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Meal 6	<hr/>		
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Fat

Fat

Fat
