

# 21

Week Number .....



## Last Diet

BE STRICT. RECORD EVERYTHING!!

21 day Plan Start Date .....Start Weight.....

Day Date..... Weight.....	Day Date..... Weight.....	Day Date..... Weight.....	Day Date..... Weight.....	Day Date..... Weight.....	Day Date..... Weight.....	Day Date..... Weight.....
<u>TICK</u> 6 Drops Tea Fruit am.....	<u>TICK</u> 6 Drops Tea Fruit am.....	<u>TICK</u> 6 Drops Tea Fruit am.....	<u>TICK</u> 6 Drops Tea Fruit am.....	<u>TICK</u> 6 Drops Tea Fruit am.....	<u>TICK</u> 6 Drops Tea Fruit am.....	<u>TICK</u> 6 Drops Tea Fruit am.....
6 Drops..... Lunch ..... .....	6 Drops..... Lunch ..... .....	6 Drops..... Lunch ..... .....	6 Drops..... Lunch ..... .....	6 Drops..... Lunch ..... .....	6 Drops..... Lunch ..... .....	6 Drops..... Lunch ..... .....
Rice Cake Fruit pm.....	Rice Cake Fruit pm.....	Rice Cake Fruit pm.....	Rice Cake Fruit pm.....	Rice Cake Fruit pm.....	Rice Cake Fruit pm.....	Rice Cake Fruit pm.....
6 Drops Dinner ..... .....	6 Drops Dinner ..... .....	6 Drops Dinner ..... .....	6 Drops Dinner ..... .....	6 Drops Dinner ..... .....	6 Drops Dinner ..... .....	6 Drops Dinner ..... .....
Rice Cake Water 2 litres	Rice Cake Water 2 litres	Rice Cake Water 2 litres	Rice Cake Water 2 litres	Rice Cake Water 2 litres	Rice Cake Water 2 litres	Rice Cake Water 2 litres
Loss	Loss	Loss	Loss	Loss	Loss	Loss

**IF THIS IS YOUR FIRST WEEK – THE FIRST 2 DAYS ARE YOUR FAT LOADING!! THE NEXT 19 DAYS ARE 500 CALORIES TO MAKE UP 21 DAYS IN TOTAL**