Fuel Consumption Chart

Custom Plan for _____ Day: S M T W Th F Sa Date:_____

What I ate	Calories	g. Protein	g. Carbs	g. Fat	Water/Liquid (Ounces)
TOTAL CONSUMPTION	Calories	Protein Gr.	Carbs Gr.	Fat Gr.	Water/Liquid Ounces

Daily Grand Total				

Eat every 3 hours. Protein per lb. of bodyweight .5 gr. Females/1gr. Males. Control portions! Eat no white foods (pasta, rice, muffins, bread, etc.) 8-10 glasses of water per day (minimum)

Suzanne Brue
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