

| | Friday | Protein Count | Saturday | Protein Count | Sunday | Protein Count | Monday | Protein Count | Tuesday | Protein Count | Wednesday | Protein Count | Thursday | Protein Count |
|---------------|--------|---------------|----------|---------------|--------|---------------|--------|---------------|---------|---------------|-----------|---------------|----------|---------------|
| Meal | | | | | | | | | | | | | | |
| Breakfast | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Snack | | | | | | | | | | | | | | |
| Lunch | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Snack | | | | | | | | | | | | | | |
| Dinner | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Snack | | | | | | | | | | | | | | |
| Protein Total | | | | | | | | | | | | | | |

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| <input type="checkbox"/> Salt to taste | <input type="checkbox"/> Salt to taste | <input type="checkbox"/> Salt to taste | <input type="checkbox"/> Salt to taste | <input type="checkbox"/> Salt to taste | <input type="checkbox"/> Salt to taste | <input type="checkbox"/> Salt to taste | <input type="checkbox"/> Salt to taste |

Yellow or orange fruits and vegetables (5X/week)