

FITNESS CHALLENGE

DAILY MEAL PLAN GOAL

WEEK # _____

MONDAY

BREAKFAST



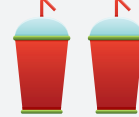
LUNCH



DINNER



SHAKE



WATER



TUESDAY

BREAKFAST



LUNCH



DINNER



SHAKE



WATER



WEDNESDAY

BREAKFAST



LUNCH



DINNER



SHAKE



WATER



THURSDAY

BREAKFAST



LUNCH



DINNER



SHAKE



WATER



FRIDAY

BREAKFAST



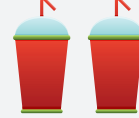
LUNCH



DINNER



SHAKE



WATER



SATURDAY

BREAKFAST



LUNCH



DINNER



SHAKE



WATER



SUNDAY

BREAKFAST



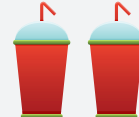
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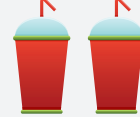
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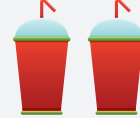
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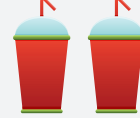
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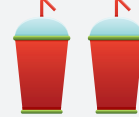
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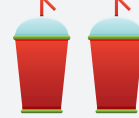
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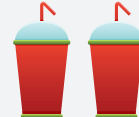
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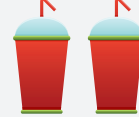
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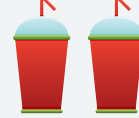
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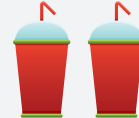
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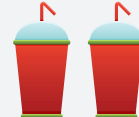
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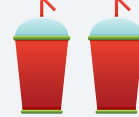
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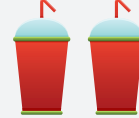
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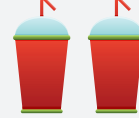
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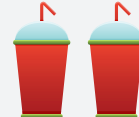
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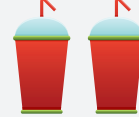
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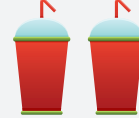
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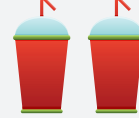
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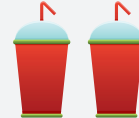
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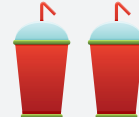
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