

# Your Weekly Food Diary



MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	CALORIES =	CALORIES =	CALORIES =	CALORIES =	CALORIES =	CALORIES =	CALORIES =
Snack	CALORIES =	CALORIES =	CALORIES =	CALORIES =	CALORIES =	CALORIES =	CALORIES =
Lunch	CALORIES =	CALORIES =	CALORIES =	CALORIES =	CALORIES =	CALORIES =	CALORIES =
Snack	CALORIES =	CALORIES =	CALORIES =	CALORIES =	CALORIES =	CALORIES =	CALORIES =
Dinner	CALORIES =	CALORIES =	CALORIES =	CALORIES =	CALORIES =	CALORIES =	CALORIES =
Snack	CALORIES =	CALORIES =	CALORIES =	CALORIES =	CALORIES =	CALORIES =	CALORIES =
<b>TOTAL CALORIES</b>							

Contact your local Herbalife Nutrition Independent Member for more information and tips.  
Regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight management program.