



WEIGHT NO MORE
DIET CENTER
No one does *what we do!*
weightnomoredietcenter.com

DAILY-WEEKLY FOOD DIARY

Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	B	B	B	B	B	B	B
S	S	S	S	S	S	S	S
L	L	L	L	L	L	L	L
S	S	S	S	S	S	S	S
S	S	S	S	S	S	S	S
D	D	D	D	D	D	D	D
S	S	S	S	S	S	S	S
P	M	M	M	M	M	M	M
V	G	G	G	G	G	G	G
FR	FR	FR	FR	FR	FR	FR	FR

Mind your P's: **PLAN** ahead. • **PREPARE** ahead. • **PORTION** control. • **PACK** night before. • **PACE** yourself all day.