

Fast Forward - Day 1

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3 whole peppers)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	Fast Forward Scramble (p.33)
Lunch Time:	Fast Forward Parfait (p.33)
Dinner Time:	Fast Forward Salad (pp.34-5)
Snack Time:	Fast Forward Smoothie (pp.35-6)

Fast Forward - Day 2

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3 whole peppers)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	Fast Forward Scramble (p.33)
Lunch Time:	Fast Forward Parfait (p.33)
Dinner Time:	Fast Forward Salad (pp.34-5)
Snack Time:	Fast Forward Smoothie (pp.35-6)

Fast Forward - Day 3

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3 whole peppers)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	Fast Forward Scramble (p.33)
Lunch Time:	Fast Forward Parfait (p.33)
Dinner Time:	Fast Forward Salad (pp.34-5)
Snack Time:	Fast Forward Smoothie (pp.35-6)

Fast Forward - Day 4

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3 whole peppers)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	Fast Forward Scramble (p.33)
Lunch Time:	Fast Forward Parfait (p.33)
Dinner Time:	Fast Forward Salad (pp.34-5)
Snack Time:	Fast Forward Smoothie (pp.35-6)

Fast Forward - Day 5

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3 whole peppers)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	Fast Forward Scramble (p.33)
Lunch Time:	Fast Forward Parfait (p.33)
Dinner Time:	Fast Forward Salad (pp.34-5)
Snack Time:	Fast Forward Smoothie (pp.35-6)

Day 6

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	Blueberry Smoothie with Almond Toast (p. 96)
Lunch Time:	Green-Tea Chicken with Avocado Corn Salad (p. 120)
Dinner Time:	Ricotta Primavera Penne (p.118)
Snack Time:	Mango Mint Avocado Smoothie (p.106)
Chocolate Time:	Spicy Chipotle Truffles (p.147)

Day 7

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 8

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 9

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 10

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 11

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 12

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 13

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	Banana Hazelnut Ricotta Toast (p.98)
Lunch Time:	Mediterranean Pasta Salad (p.119)
Dinner Time:	Chilled Brown Rice and Vegetable Salad with Brazil Nut-Dusted Chicken (p.122)
Snack Time:	Pineapple Almond Peppercorn Parfait (p.112)
Chocolate Time:	Ghirardelli Intense Dark 86% Chocolate - 2 squares (www.ghirardelli.com)

	Workout
<input type="checkbox"/>	

Day 14

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 15

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 16

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 17

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 18

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 19

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 20

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	Strawberry Green Tea Muesli (p.99)
Lunch Time:	Spinach, Artichoke, and Olive Chicken Pasta (p. 121)
Dinner Time:	Shrimp Creole (p.128)
Snack Time:	Avocado Egg Dip (p.111)
Chocolate Time:	Chocolove Strong Dark 70% Chocolate - 4 squares (www.chocolove.com)

	Workout
<input type="checkbox"/>	

Day 21

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 22

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 23

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 24

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 25

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 26

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 27

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	Apple Pecan Breakfast Pilaf (p.103)
Lunch Time:	Smoked Gouda and Grilled Onion Salad (p.117) - <i>delicious recipe but not as filling as other recipes</i>
Dinner Time:	Ginger Turkey Stir-Fry (p.127)
Snack Time:	Sonoma Snack (p.106)
Chocolate Time:	Terravita's Cocoacara Orange & Chilli 77% Dark Chocolate - 2 squares (www.terravita.pl)

	Workout
<input type="checkbox"/>	

Day 28

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 29

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 30

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	

Day 31

	Water (min 8 cups, max 10 cups)	Notes (1 cup = 8 oz)
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Tea (freshly brewed iced or hot black, oolong, green, white, red, or herbal tea, unsweetened) (Max 5 cups)	Notes
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	
<input type="checkbox"/>	1 cup	

	Coffee (with max of 1/4 cup skimmed milk, with optional 1 tsp raw sugar, flavor with cinnamon, nutmeg, or cloves) (Max 1 cup)	Notes
<input type="checkbox"/>	1 cup	

	Approved Seasoning	Notes
<input type="checkbox"/>	1 Tbsp Vinegar	(any type), with 0 mg sodium and no more than 15 calories per tablespoon (max 6)
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	1 Tbsp Vinegar	
<input type="checkbox"/>	Citrus (1/4 cup)	Citrus juice or wedges (max 1/4 cup of 100% citrus juice, lemon, lime, blood orange, tangerine, pink grapefruit)
<input type="checkbox"/>	Hot Pepper	(max 3)
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Hot Pepper	
<input type="checkbox"/>	Herbs	Fresh or dried, salt free, no limit

	Menu
Breakfast Time:	
Lunch Time:	
Dinner Time:	
Snack Time:	
Chocolate Time:	

	Workout
<input type="checkbox"/>	