



*Clean & Lean*  
8-week Food & Fitness Journal

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Essential Information For Vegan Weight Loss  
Derrick deLay & Kirsten Nissen

**Vibrant  
Vegan**

*Vibrant Vegan*  
Kirsten Nissen  
Derrick deLay &  
Vegan Weight Loss

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## How to use the Clean & Lean Food & Fitness Log

This food and fitness log is an integral part of the proven Clean & Lean 8-week Vegan Weight Loss Program. Multiple studies have shown that people who log their food intake stick to their eating plan and get better results than those who don't. We created this easy to use food and fitness log because we want you to get the best results possible.

In order to get the biggest benefit from the Clean & Lean program you must be consistent. This log will help you with that. In addition to be a place to record what you are doing, this document acts as a guide. It tells you exactly what you need to be doing day-to-day, week-to-week to get the weight loss results you want.

On each day you will see a boxes for each meal. In order to be successful all you have to do is choose ONE(all in big letters so you know to only choose one option) option per meal, make it exactly as we tell you in the recipe section of the program, and all your calorie counting will be done for you.

You will also notice a place for notes each day. Use this to note what went well, how you were feeling and any challenges or anything else you feel is important for your success. Taking daily notes will help you think critically about how you are doing on the program, and will also help to keep you focused.

There is also a place for you to set your goals for the following day. It is important you go into each day with an intention for success. At the end of each day assess your adherence to the program: Did you eat exactly what you were supposed to? Did you do your workout? Did you drink all your water? Make it a goal to be able to answer yes to all these questions.

Remember, your current weight and level of wellness are a direct result of, and are supported by your lifestyle. To change your life, you absolutely must change your lifestyle. Fit, healthy, vibrant people behave differently than people who are unfit and unhealthy. If you want to be fit, healthy and vibrant, change your behaviors. Consciously logging your food and fitness over the next 8-weeks will help you change your lifestyle.

**Get the results you want:** Act like someone who is fit, healthy and vibrant! Follow the eating and ultrahydration plans and do your workouts.

## Measurements and Photos

During this program you will track your progress by doing daily weighing, by taking measurements prior to beginning, after 4 weeks, and at the end of the program, and by taking before and after pictures.

Below is a description of the measurements you will do:

### Jeans Test

The Jeans Test is a subjective test. For this test get out those jeans that are just a little too small and try them on. Note how tight they fit in your chart.

### Circumference Measurements:

For the following 4 measurements you will need a flexible measuring tape. You are going to measure the distance around your body at 4 specific places-- on your chest right under your armpits, at your bellybutton, at the widest part of your hips, and on your thigh directly under your gluteal fold(on your leg right under your butt cheek!). When you do these measurements, it is important to make sure your measuring tape is level. In order to get an accurate measurement at your bellybutton suck your belly in as far as you can each time you measure.

## Your Measurements

Test	Initial	Week 4	Final
Jeans Test			
Chest			
Bellybutton			
Hips			
Thigh			

## Daily Weigh-ins

Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								

## Before & After Pictures

Paste your photos in the space below.

Clean & Lean 8-Week Fat Loss and Total Body Fitness Makeover Food and Fitness Log

Week 1	Clean & Lean Food & Fitness Log	
<b>Day 2</b>	<b>Breakfast</b>	<b>Fresh Fruit And/Or Fresh Veggies</b>  This week you get to eat all the fruits and veggies you want!(With the exception of “Starchy Veggies” like potatoes and fatty fruit like avocado.) This week eat 80-100% of your food raw for the ultimate cleanse.
<b>Notes For Day 2:</b>	<b>Snack</b>	<u>Fresh Fruit</u>  <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b>	<u>Fresh Fruit</u>  <b>And/Or</b> <u>Fresh Veggies</u>
<b>Goals For Day 3:</b>	<b>Snack</b>	<u>Fresh Fruit</u>  <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b>	<u>Fresh Fruit</u>  <b>And/Or</b> <u>Fresh Veggies</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 90 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 <u>Minutes of Fat Burning Cardio</u>

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<b>Day 1</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 1:</b>	<b>Snack</b> 100 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
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<b>Goals For Day 2:</b>	<b>Snack</b> 100 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
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	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
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	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 110 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 20 Minute Total Body Fat Blaster <input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Clean & Lean 8-Week Fat Loss and Total Body Fitness Makeover Food and Fitness Log

Week 3	Clean & Lean Food & Fitness Log	
<b>Day 2</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 2:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 3:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 110 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 <u>Minutes of Fat Burning Cardio</u>

Week 3	Clean & Lean Food & Fitness Log	
<b>Day 3</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 3:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 4:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 110 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> <u>20 Minute Total Body Fat Blaster</u> <input type="checkbox"/> <u>30-60 Minutes of Fat Burning Cardio</u>

Week 3	Clean & Lean Food & Fitness Log	
<b>Day 4</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 4:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 5:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 110 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Week 3	Clean & Lean Food & Fitness Log	
<b>Day 5</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 5:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 6:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 110 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> <u>20 Minute Total Body Fat Blaster</u> <input type="checkbox"/> <u>30-60 Minutes of Fat Burning Cardio</u>

Week 3	Clean & Lean Food & Fitness Log	
<b>Day 6</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 6:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 7:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 110 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Week 3	Clean & Lean Food & Fitness Log	
<b>Day 7</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> Or <input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 7:</b>	<b>Snack</b> 100 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> Or <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Next Week:</b>	<b>Snack</b> 100 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> Or <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> Or <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> Or <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> Or <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 110 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Clean & Lean 8-Week Fat Loss and Total Body Fitness Makeover Food and Fitness Log

Week 4	Clean & Lean Food & Fitness Log	
<b>Day 1</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 1:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 2:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 110 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 20 Minute Total Body Fat Blaster <input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Week 4	Clean & Lean Food & Fitness Log	
<b>Day 2</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> Or <input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 2:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> Or <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 3:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> Or <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> Or <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> Or <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> Or <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 110 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 <u>Minutes of Fat Burning Cardio</u>

Week 4	Clean & Lean Food & Fitness Log	
<b>Day 3</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 3:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 4:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 110 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> <u>20 Minute Total Body Fat Blaster</u> <input type="checkbox"/> <u>30-60 Minutes of Fat Burning Cardio</u>

Week 4	Clean & Lean Food & Fitness Log	
<b>Day 4</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 4:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 5:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 110 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Week 4	Clean & Lean Food & Fitness Log	
<b>Day 5</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 5:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 6:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 110 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> <u>20 Minute Total Body Fat Blaster</u> <input type="checkbox"/> <u>30-60 Minutes of Fat Burning Cardio</u>

Week 4	Clean & Lean Food & Fitness Log	
<b>Day 6</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> Or <input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 6:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> Or <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 7:</b>	<b>Snack</b> 50 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> Or <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> Or <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> Or <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> Or <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 110 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Week 4	Clean & Lean Food & Fitness Log	
<p><b>Day 7</b></p> <p><b>Do your measurements today!</b></p>	<p><b>Breakfast</b> 300 Calories for Women, 400 Calories for Men</p>	<p><input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u></p>
<p><b>Notes For Day 7:</b></p>	<p><b>Snack</b> 50 Calories</p>	<p><u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u></p>
	<p><b>Lunch</b> 300 Calories for Women, 400 Calories for Men</p>	<p><input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u></p>
<p><b>Goals For Next Week:</b></p>	<p><b>Snack</b> 50 Calories</p>	<p><u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u></p>
	<p><b>Dinner</b> 400 Calories for Women, 500 Calories for Men</p>	<p><input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u></p>
	<p><b>UltraHydration</b></p>	<p><input type="checkbox"/> 110 Ounces of Pure Water</p>
	<p><b>Fitness</b></p>	<p><input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio</p>

Clean & Lean 8-Week Fat Loss and Total Body Fitness Makeover Food and Fitness Log

Week 5	Clean & Lean Food & Fitness Log	
<b>Day 1</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> Or <input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 1:</b>	<b>No Snack</b>	
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> Or <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 2:</b>	<b>No Snack</b>	
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> Or <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> Or <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> Or <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> Or <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 120 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 20 Minute Total Body Fat Blaster <input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Clean & Lean 8-Week Fat Loss and Total Body Fitness Makeover Food and Fitness Log

Week 5	Clean & Lean Food & Fitness Log	
<b>Day 2</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> Or <input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 2:</b>	<b>No Snack</b>	
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> Or <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 3:</b>	<b>No Snack</b>	
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> Or <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> Or <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> Or <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> Or <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 120 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Clean & Lean 8-Week Fat Loss and Total Body Fitness Makeover Food and Fitness Log

Week 5	Clean & Lean Food & Fitness Log	
<b>Day 3</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> Or <input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 3:</b>	<b>No Snack</b>	
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> Or <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 4:</b>	<b>No Snack</b>	
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> Or <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> Or <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> Or <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> Or <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 120 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 20 Minute Total Body Fat Blaster <input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Clean & Lean 8-Week Fat Loss and Total Body Fitness Makeover Food and Fitness Log

Week 5	Clean & Lean Food & Fitness Log	
<b>Day 4</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 4:</b>	<b>No Snack</b>	
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 5:</b>	<b>No Snack</b>	
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 120 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

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Week 5	Clean & Lean Food & Fitness Log	
<b>Day 5</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 5:</b>	<b>No Snack</b>	
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 6:</b>	<b>No Snack</b>	
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 120 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 20 Minute Total Body Fat Blaster <input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Clean & Lean 8-Week Fat Loss and Total Body Fitness Makeover Food and Fitness Log

Week 5	Clean & Lean Food & Fitness Log	
<b>Day 6</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> Or <input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 6:</b>	<b>No Snack</b>	
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> Or <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 7:</b>	<b>No Snack</b>	
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> Or <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> Or <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> Or <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> Or <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 120 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Clean & Lean 8-Week Fat Loss and Total Body Fitness Makeover Food and Fitness Log

Week 5	Clean & Lean Food & Fitness Log	
<b>Day 7</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> Or <input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 7:</b>	<b>No Snack</b>	
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> Or <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Next Week:</b>	<b>No Snack</b>	
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> Or <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> Or <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> Or <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> Or <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 120 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Clean & Lean 8-Week Fat Loss and Total Body Fitness Makeover Food and Fitness Log

Week 6	Clean & Lean Food & Fitness Log	
<b>Day 1</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> Or <input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 1:</b>	<b>No Snack</b>	
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> Or <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 2:</b>	<b>No Snack</b>	
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> Or <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> Or <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> Or <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> Or <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 120 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 20 Minute Total Body Fat Blaster <input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

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Week 6	Clean & Lean Food & Fitness Log	
<b>Day 2</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> Or <input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 2:</b>	<b>No Snack</b>	
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> Or <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 3:</b>	<b>No Snack</b>	
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> Or <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> Or <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> Or <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> Or <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 120 Ounces of Pure Water
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Week 6	Clean & Lean Food & Fitness Log	
<b>Day 3</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 3:</b>	<b>No Snack</b>	
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 4:</b>	<b>No Snack</b>	
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 120 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 20 Minute Total Body Fat Blaster <input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

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Week 6	Clean & Lean Food & Fitness Log	
<b>Day 4</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 4:</b>	<b>No Snack</b>	
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 5:</b>	<b>No Snack</b>	
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 120 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Clean & Lean 8-Week Fat Loss and Total Body Fitness Makeover Food and Fitness Log

Week 6	Clean & Lean Food & Fitness Log	
<b>Day 5</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 5:</b>	<b>No Snack</b>	
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 6:</b>	<b>No Snack</b>	
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 120 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 20 Minute Total Body Fat Blaster <input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

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Week 6	Clean & Lean Food & Fitness Log	
<b>Day 6</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> Or <input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 6:</b>	<b>No Snack</b>	
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> Or <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 7:</b>	<b>No Snack</b>	
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> Or <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> Or <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> Or <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> Or <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 120 Ounces of Pure Water
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Week 6	Clean & Lean Food & Fitness Log	
<b>Day 7</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> Or <input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 7:</b>	<b>No Snack</b>	
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> Or <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Next Week:</b>	<b>No Snack</b>	
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> Or <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> Or <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> Or <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> Or <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 120 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Week 7	Clean & Lean Food & Fitness Log	
<b>Day 1</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 1:</b>	<b>Snack</b> 100 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 2:</b>	<b>Snack</b> 100 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 90 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> <u>20 Minute Total Body Fat Blaster</u> <input type="checkbox"/> <u>30-60 Minutes of Fat Burning Cardio</u>

Clean & Lean 8-Week Fat Loss and Total Body Fitness Makeover Food and Fitness Log

Week 7	Clean & Lean Food & Fitness Log	
<b>Day 2</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> Or <input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 2:</b>	<b>Snack</b> 100 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> Or <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 3:</b>	<b>Snack</b> 100 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> Or <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> Or <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> Or <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> Or <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 90 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 <u>Minutes of Fat Burning Cardio</u>

Week 7	Clean & Lean Food & Fitness Log	
<b>Day 3</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 3:</b>	<b>Snack</b> 100 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 4:</b>	<b>Snack</b> 100 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 90 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> <u>20 Minute Total Body Fat Blaster</u> <input type="checkbox"/> <u>30-60 Minutes of Fat Burning Cardio</u>

Week 7	Clean & Lean Food & Fitness Log	
<b>Day 4</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 4:</b>	<b>Snack</b> 100 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 5:</b>	<b>Snack</b> 100 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 90 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Week 7	Clean & Lean Food & Fitness Log	
<b>Day 5</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 5:</b>	<b>Snack</b> 100 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 6:</b>	<b>Snack</b> 100 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 90 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> <u>20 Minute Total Body Fat Blaster</u> <input type="checkbox"/> <u>30-60 Minutes of Fat Burning Cardio</u>

Week 7	Clean & Lean Food & Fitness Log	
<b>Day 6</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> Or <input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 6:</b>	<b>Snack</b> 100 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> Or <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 7:</b>	<b>Snack</b> 100 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> Or <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> Or <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> Or <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> Or <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 90 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Week 7	Clean & Lean Food & Fitness Log	
<b>Day 7</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> Or <input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 7:</b>	<b>Snack</b> 100 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> Or <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Next Week:</b>	<b>Snack</b> 100 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> Or <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> Or <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> Or <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> Or <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 90 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Clean & Lean 8-Week Fat Loss and Total Body Fitness Makeover Food and Fitness Log

Week 8	Clean & Lean Food & Fitness Log	
<b>Day 1</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 1:</b>	<b>Snack</b> 200 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 2:</b>	<b>Snack</b> 200 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 90 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 20 <u>Minute Total Body Fat Blaster</u> <input type="checkbox"/> 30-60 <u>Minutes of Fat Burning Cardio</u>

Clean & Lean 8-Week Fat Loss and Total Body Fitness Makeover Food and Fitness Log

Week 8	Clean & Lean Food & Fitness Log	
<b>Day 2</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> Or <input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 2:</b>	<b>Snack</b> 200 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> Or <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 3:</b>	<b>Snack</b> 200 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> Or <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> Or <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> Or <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> Or <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 90 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 <u>Minutes of Fat Burning Cardio</u>

Week 8	Clean & Lean Food & Fitness Log	
<b>Day 3</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 3:</b>	<b>Snack</b> 200 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 4:</b>	<b>Snack</b> 200 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 90 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> <u>20 Minute Total Body Fat Blaster</u> <input type="checkbox"/> <u>30-60 Minutes of Fat Burning Cardio</u>

Week 8	Clean & Lean Food & Fitness Log	
<b>Day 4</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 4:</b>	<b>Snack</b> 200 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 5:</b>	<b>Snack</b> 200 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 90 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Week 8	Clean & Lean Food & Fitness Log	
<b>Day 5</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 5:</b>	<b>Snack</b> 200 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 6:</b>	<b>Snack</b> 200 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 90 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> <u>20 Minute Total Body Fat Blaster</u> <input type="checkbox"/> <u>30-60 Minutes of Fat Burning Cardio</u>

Week 8	Clean & Lean Food & Fitness Log	
<b>Day 6</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> Or <input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 6:</b>	<b>Snack</b> 200 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> Or <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For Day 7:</b>	<b>Snack</b> 200 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> Or <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> Or <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> Or <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> Or <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> Or <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 90 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Week 8	Clean & Lean Food & Fitness Log	
<b>Day 7</b>	<b>Breakfast</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fresh Fruit</u> <b>Or</b> <input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Oatmeal &amp; Fresh Berries</u>
<b>Notes For Day 7:</b>	<b>Snack</b> 200 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Lunch</b> 300 Calories for Women, 400 Calories for Men	<input type="checkbox"/> <u>Fruit Smoothie</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Broccoli</u> <b>Or</b> <input type="checkbox"/> <u>Sweet Potato &amp; Beans</u>
<b>Goals For The Rest Of My Life :</b>	<b>Snack</b> 200 Calories	<u>Fresh Fruit</u> <b>And/Or</b> <u>Fresh Veggies</u>
	<b>Dinner</b> 400 Calories for Women, 500 Calories for Men	<input type="checkbox"/> <u>Hearty Black Bean Soup</u> <b>Or</b> <input type="checkbox"/> <u>Brown Rice &amp; Veggie Stir Fry</u> <b>Or</b> <input type="checkbox"/> <u>Baked Potato, Broccoli, and a Spinach Salad</u> <b>Or</b> <input type="checkbox"/> <u>Very Veggie Lentil Soup</u> <b>Or</b> <input type="checkbox"/> <u>Garbanzo &amp; Brown Rice Tabbouleh</u> <b>Or</b> <input type="checkbox"/> <u>Huge Green &amp; Bean Salad</u>
	<b>UltraHydration</b>	<input type="checkbox"/> 90 Ounces of Pure Water
	<b>Fitness</b>	<input type="checkbox"/> 30-60 Minutes of Fat Burning Cardio

Congratulations, you made it! Remember to inspire others with your success. Please send us your Clean & Lean weight-loss success story along with before and after photos. Send your story and photos to [info@vibrantvegan.com](mailto:info@vibrantvegan.com). Once again, congratulations!