



# EATING WELL IS AN ACT OF LOVE

WEEK OF:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
SNACKS/ DESSERT							
WATER = 8 OZ GLASS							
MOVE MY BODY							

**GOALS:** Eat 50% 60% 70% 80% 90% 100% raw. Chew well. Drink pure water. Laugh & love.

**RESOLUTIONS:** I can do it. I will ace it. Every day will be better. I am courageous. I forgive myself.

**NOTES:**