

Billings Last Diet Weekly Meal Diary

Not going to make it to your scheduled appointment? As a Courtesy please notify us ASAP
406-294-6751



Name: _____
Date: _____

	Breakfast	Lunch	Dinner	3rd IP Packet	Water at least 64oz	Exercise	Vitamins	Salt (1/4 tsp)	Oil (2tsp)
Monday							Multi-Vit (2) Cal-Mag (4) Potassium (1)		
Tuesday							Multi-Vit(2) Cal-Mag(4) Potassium(1)		
Wednesday							Multi-Vit(2) Cal-Mag (4) Potassium(1)		
Thursday							Multi-Vit(2) Cal-Mag(4) Potassium(1)		
Friday							Multi-Vit(2) Cal-Mag(4) Potassium(1)		
Saturday							Multi-Vit(2) Cal-Mag(4) Potassium(1)		
Sunday							Multi-Vi(2) Cal-Mag (4) Potassium(1)		

Just a reminder!! Mandatory Daily Requirements: 8oz Protein*4 cups Select Vegetables*3 Ideal Protein Packets*Minimum 64oz Water*Vitamins*Salt*Oil