

<b>Vanessa R.</b>	<b>Maintain Deficit</b>   Exercise   Sleep Well   Drink Water   Use Metrics
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<b>Upon Waking</b>	6am - 8am   Eat any ONE (1) serving		
<input type="checkbox"/> Banana ~110g	<input type="checkbox"/> Papaya ~210g	<input type="checkbox"/> Orange ~200g	<input type="checkbox"/> Dragon Fruit ~160g
<input type="checkbox"/> Pineapple ~190g	<input type="checkbox"/> Mango ~165g	<input type="checkbox"/> Apple ~180g	<input type="checkbox"/> Blueberry ~175g
<input type="checkbox"/> Melon ~310g	<input type="checkbox"/> Guava ~180g	<input type="checkbox"/> Kiwi ~165g	<input type="checkbox"/> Passion Fruit ~100g

Eat EACH of the following serving

<input type="checkbox"/> Whole Egg 2	<input type="checkbox"/> Slice Bread 2	<input type="checkbox"/> Protein Shake 1scp
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<b>Throughout</b>	9am - 11am and/or 3pm - 5pm   Use a WATER BOTTLE		
<input type="checkbox"/> Pure Water ~1L	<input type="checkbox"/> Pure Water ~1L	<input type="checkbox"/> Pure Water ~1L	<input type="checkbox"/> Pure Water ~1L

<b>At Lunch/Dinner</b>	12pm - 8pm   Eat EACH of the following serving		
<input type="checkbox"/> Chicken B. 260g	<input type="checkbox"/> Tuna 80g	<input type="checkbox"/> Cooked Rice ~90g	<input type="checkbox"/> Olive Oil ~1 tbsp

Substitutes for Cooked Rice

<input type="checkbox"/> Potato ~140g	<input type="checkbox"/> Wheat Flour ~30g	<input type="checkbox"/> Cooked Pasta ~70g
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Eat any TWO (2) servings

<input type="checkbox"/> Carrot ~50g	<input type="checkbox"/> Broccoli ~70g	<input type="checkbox"/> Bell Pepper ~70g
<input type="checkbox"/> Spinach ~140g	<input type="checkbox"/> Tomato ~125g	<input type="checkbox"/> Beetroot ~50g

<b>As Supplements</b>	Raw is best, cook with them less		
Garlic/Ginger	Onion/Cilantro	Cayenne/Cinnamon	Lime/Salt & Pepper
Olive Oil/Apple Cider	Curry/Tumeric	Oregano/Thyme	Basil/Rosemary

<b>Deficit</b>	<b>Protein</b>	<b>Fat</b>	<b>Carb</b>
~1380 kcal.	150g	40g	100g