

# WEEKLY LOVE MEAL PLANNER

	GREEN JUICE & GREEN TEA	BREAKFAST	LUNCH	SNACK	DINNER	2ND JUICE OR SMOOTHIE	GROCERIES NEEDED
<b>MON</b> DATE: _____							
<b>TUES</b> DATE: _____							
<b>WED</b> DATE: _____							
<b>THURS</b> DATE: _____							
<b>FRI</b> DATE: _____							
<b>SAT</b> DATE: _____							
<b>SUN</b> DATE: _____							

## REALITY JOURNAL

WHAT I ACTUALLY ATE	GREEN JUICE & GREEN TEA	BREAKFAST	LUNCH	SNACK	DINNER	2ND JUICE OR SMOOTHIE	REMARKS
<b>MON</b>							<input type="checkbox"/> Yep! took vitamins <input type="checkbox"/> Meditated/exercised
<b>TUES</b>							<input type="checkbox"/> Yep! took vitamins <input type="checkbox"/> Meditated/exercised
<b>WED</b>							<input type="checkbox"/> Yep! took vitamins <input type="checkbox"/> Meditated/exercised
<b>THURS</b>							<input type="checkbox"/> Yep! took vitamins <input type="checkbox"/> Meditated/exercised
<b>FRI</b>							<input type="checkbox"/> Yep! took vitamins <input type="checkbox"/> Meditated/exercised
<b>SAT</b>							<input type="checkbox"/> Yep! took vitamins <input type="checkbox"/> Meditated/exercised
<b>SUN</b>							<input type="checkbox"/> Yep! took vitamins <input type="checkbox"/> Meditated/exercised