



Nu-Leaf Meal Plan & Check-List

Day:	Comments:			
Date:	FOOD INTAKE	PROTEINS	CARBS	CHECK-LIST
Breakfast:				AM Urine
Snack:				PM Urine
Lunch:				Qty Water:
Snack:				Oil:
Dinner:				Exercise:
	TL			

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Questions / Comments:

Remember:

1. Eat protein with every meal and snack.
2. Drink 2-3 litres of water each day. This can include herbal teas.
3. Never skip a meal or snack, eat 5 times a day, every 3 hours.
4. Don't eat carbohydrates on their own, including fruit.
5. Oil is a must. Try mixing it in a protein shake or 1tbs of oil with 2tbs of apple cider vinegar, garlic, herbs, wholegrain mustard, lemon juice, herb salt and mix together for a salad dressing.