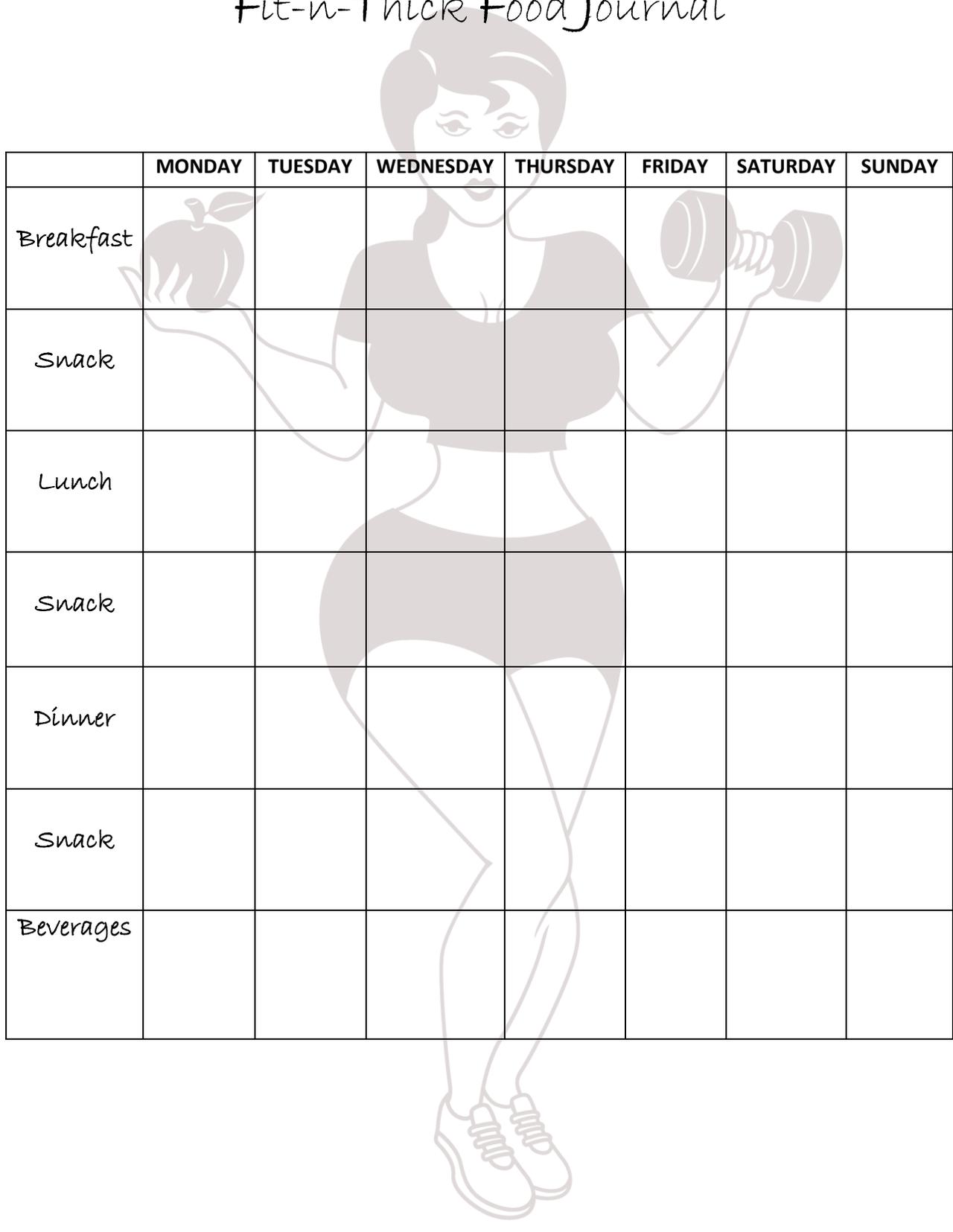


Fit-n-Thick Food Journal



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Beverages							