

# Step-down Week Food Record

**MANDATORY:** Complete only the highlighted areas and return next week. Failure to return with completed food record will delay advancement to Stabilization.

Date \_\_\_\_\_

|  |
|--|
| Breakfast: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Multi-Vita+K2</li> <li><input type="radio"/> 2 Calcium</li> </ul>  |
| Lunch: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Multi-Vita+K2</li> <li><input type="radio"/> 1 Omega-3</li> <li><input type="radio"/> 1 Potassium</li> </ul> |
| Dinner: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Omega-3</li> <li><input type="radio"/> 2 Magnesium</li> </ul>   |
| Snack: _____ a.m./p.m.   |

# Onboarding Week Menu Planner

**Initial Daily Macro Targets**

Protein \_\_\_\_\_ Fat \_\_\_\_\_ Net carbs \_\_\_\_\_

| Distribute<br>Macro Servings                          | Day 1      | Tally<br>Macro Servings                               |
|---|------------|---|
| _____ Protein<br><br>_____ Fat<br><br>_____ Net carbs | Breakfast: | _____ Protein<br><br>_____ Fat<br><br>_____ Net carbs |
| _____ Protein<br><br>_____ Fat<br><br>_____ Net carbs | Lunch:     | _____ Protein<br><br>_____ Fat<br><br>_____ Net carbs |
| _____ Protein<br><br>_____ Fat<br><br>_____ Net carbs | Dinner:    | _____ Protein<br><br>_____ Fat<br><br>_____ Net carbs |
| _____ Protein<br><br>_____ Fat<br><br>_____ Net carbs | Snack:     | _____ Protein<br><br>_____ Fat<br><br>_____ Net carbs |

**Totals:** P:  F:  NC:

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| Breakfast: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Multi-Vita+K2</li> <li><input type="radio"/> 2 Calcium</li> </ul>  |
| Lunch: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Multi-Vita+K2</li> <li><input type="radio"/> 1 Omega-3</li> <li><input type="radio"/> 1 Potassium</li> </ul> |
| Dinner: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Omega-3</li> <li><input type="radio"/> 2 Magnesium</li> </ul>   |
| Snack: _____ a.m./p.m.   |

# Onboarding Week Menu Planner

**Initial Daily Macro Targets**

Protein \_\_\_\_\_ Fat \_\_\_\_\_ Net carbs \_\_\_\_\_

| Distribute<br>Macro Servings                  | Day 2      | Tally<br>Macro Servings                       |
|---|------------|---|
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Breakfast: | _____ Protein<br>_____ Fat<br>_____ Net carbs |
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Lunch:     | _____ Protein<br>_____ Fat<br>_____ Net carbs |
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Dinner:    | _____ Protein<br>_____ Fat<br>_____ Net carbs |
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Snack:     | _____ Protein<br>_____ Fat<br>_____ Net carbs |

**Totals:** P:  F:  NC:

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Date \_\_\_\_\_

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| Breakfast: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Multi-Vita+K2</li> <li><input type="radio"/> 2 Calcium</li> </ul>  |
| Lunch: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Multi-Vita+K2</li> <li><input type="radio"/> 1 Omega-3</li> <li><input type="radio"/> 1 Potassium</li> </ul> |
| Dinner: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Omega-3</li> <li><input type="radio"/> 2 Magnesium</li> </ul>   |
| Snack: _____ a.m./p.m.   |

# Onboarding Week Menu Planner

**Initial Daily Macro Targets**

Protein \_\_\_\_\_ Fat \_\_\_\_\_ Net carbs \_\_\_\_\_

| Distribute<br>Macro Servings                  | Day 3      | Tally<br>Macro Servings                       |
|---|------------|---|
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Breakfast: | _____ Protein<br>_____ Fat<br>_____ Net carbs |
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Lunch:     | _____ Protein<br>_____ Fat<br>_____ Net carbs |
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Dinner:    | _____ Protein<br>_____ Fat<br>_____ Net carbs |
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Snack:     | _____ Protein<br>_____ Fat<br>_____ Net carbs |

**Totals:** P:  F:  NC:

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Date \_\_\_\_\_

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| Breakfast: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Multi-Vita+K2</li> <li><input type="radio"/> 2 Calcium</li> </ul>  |
| Lunch: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Multi-Vita+K2</li> <li><input type="radio"/> 1 Omega-3</li> <li><input type="radio"/> 1 Potassium</li> </ul> |
| Dinner: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Omega-3</li> <li><input type="radio"/> 2 Magnesium</li> </ul>   |
| Snack: _____ a.m./p.m.   |

# Onboarding Week Menu Planner

**Initial Daily Macro Targets**

Protein \_\_\_\_\_ Fat \_\_\_\_\_ Net carbs \_\_\_\_\_

| Distribute Macro Servings                     | Day 4      | Tally Macro Servings                          |
|---|------------|---|
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Breakfast: | _____ Protein<br>_____ Fat<br>_____ Net carbs |
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Lunch:     | _____ Protein<br>_____ Fat<br>_____ Net carbs |
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Dinner:    | _____ Protein<br>_____ Fat<br>_____ Net carbs |
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Snack:     | _____ Protein<br>_____ Fat<br>_____ Net carbs |

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Date \_\_\_\_\_

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| Breakfast: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Multi-Vita+K2</li> <li><input type="radio"/> 2 Calcium</li> </ul>  |
| Lunch: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Multi-Vita+K2</li> <li><input type="radio"/> 1 Omega-3</li> <li><input type="radio"/> 1 Potassium</li> </ul> |
| Dinner: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Omega-3</li> <li><input type="radio"/> 2 Magnesium</li> </ul>   |
| Snack: _____ a.m./p.m.   |

# Onboarding Week Menu Planner

**Initial Daily Macro Targets**

Protein \_\_\_\_\_ Fat \_\_\_\_\_ Net carbs \_\_\_\_\_

| Distribute Macro Servings                     | Day 5      | Tally Macro Servings                          |
|---|------------|---|
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Breakfast: | _____ Protein<br>_____ Fat<br>_____ Net carbs |
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Lunch:     | _____ Protein<br>_____ Fat<br>_____ Net carbs |
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Dinner:    | _____ Protein<br>_____ Fat<br>_____ Net carbs |
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Snack:     | _____ Protein<br>_____ Fat<br>_____ Net carbs |

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| Breakfast: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Multi-Vita+K2</li> <li><input type="radio"/> 2 Calcium</li> </ul>  |
| Lunch: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Multi-Vita+K2</li> <li><input type="radio"/> 1 Omega-3</li> <li><input type="radio"/> 1 Potassium</li> </ul> |
| Dinner: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Omega-3</li> <li><input type="radio"/> 2 Magnesium</li> </ul>   |
| Snack: _____ a.m./p.m.   |

# Onboarding Week Menu Planner

**Initial Daily Macro Targets**

Protein \_\_\_\_\_ Fat \_\_\_\_\_ Net carbs \_\_\_\_\_

| Distribute Macro Servings                     | Day 6      | Tally Macro Servings                          |
|---|------------|---|
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Breakfast: | _____ Protein<br>_____ Fat<br>_____ Net carbs |
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Lunch:     | _____ Protein<br>_____ Fat<br>_____ Net carbs |
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Dinner:    | _____ Protein<br>_____ Fat<br>_____ Net carbs |
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Snack:     | _____ Protein<br>_____ Fat<br>_____ Net carbs |

**Totals:** P:  F:  NC:

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Date \_\_\_\_\_

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| Breakfast: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Multi-Vita+K2</li> <li><input type="radio"/> 2 Calcium</li> </ul>  |
| Lunch: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Multi-Vita+K2</li> <li><input type="radio"/> 1 Omega-3</li> <li><input type="radio"/> 1 Potassium</li> </ul> |
| Dinner: _____ a.m./p.m. <ul style="list-style-type: none"> <li><input type="radio"/> 1 Omega-3</li> <li><input type="radio"/> 2 Magnesium</li> </ul>   |
| Snack: _____ a.m./p.m.   |

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**Initial Daily Macro Targets**

Protein \_\_\_\_\_ Fat \_\_\_\_\_ Net carbs \_\_\_\_\_

| Distribute Macro Servings                     | Day 7      | Tally Macro Servings                          |
|---|------------|---|
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Breakfast: | _____ Protein<br>_____ Fat<br>_____ Net carbs |
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Lunch:     | _____ Protein<br>_____ Fat<br>_____ Net carbs |
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Dinner:    | _____ Protein<br>_____ Fat<br>_____ Net carbs |
| _____ Protein<br>_____ Fat<br>_____ Net carbs | Snack:     | _____ Protein<br>_____ Fat<br>_____ Net carbs |

**Totals:** P:  F:  NC:

