



Daily Food Planner

Date _____

Plan a day of meals. If you believe the old saying, “failure to plan is planning to fail,” then here’s what you should do: Take a moment to write down your meal choices for the day. Be sure to include the required servings of each Essential Foods category. Plan when you’ll drink your Health Shake, when whole grains will come in handy, what vegetables will make a dinner appearance, and so on. Then follow your plan as best you can, avoiding non-essential calories, and enjoy your SLMsmart day!

Milk & Dairy 2 Servings	Fruit 2 Servings	Protein 3 Servings	Whole Grains 3 Servings	Vegetables 6+ Servings
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With Breakfast: Take Calorie Burner and Body Cleanse (for the first week of each month)

Breakfast Health Shake mixed with milk, with a side of fruit. Or...



Hungry Between Meals? Take Crave Control. This may also be a good time for your first serving of ProArgi-9+.

Lunch



Remember: Calorie Burner with lunch, and a second serving of ProArgi-9+ sometime before dinner.

Dinner



With Dinner: Take the second packet of Body Cleanse (for the first week of each month).