

# *The Fitness Clinic* FOOD PLANNER

Day	Breakfast	Lunch	Dinner	Snacks
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				

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1. Choose and enter foods from the healthy list in programme.
2. Make sure they are easily available.
3. Shop and try prepare as much as possible. Otherwise you might just grab something convenient.
4. Think of bringing lunch and snacks to work with you.

Please write any notes you may have on the back of this sheet.

*Bootcamps, personal and group training*

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