

AB TRAINING ~ FOOD DIARY ~ Week of: _____

| MENU | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|---------------|---------------|----------------|------------------|-----------------|---------------|-----------------|
| Breakfast | | | | | | | |
| Mid Morning Snack | | | | | | | |
| Lunch | | | | | | | |
| Mid Afternoon Snack | | | | | | | |
| Dinner | | | | | | | |
| Mid Evening Snack | | | | | | | |
| Water Intake | | | | | | | |

Remember: Drink a minimum of 8 glasses of water per day. Consume 5 vegetables and 3 fruit servings per day. Avoid food that is high in fat, salt, sugar and alcohol. Do not eat two hours prior to sleeping.