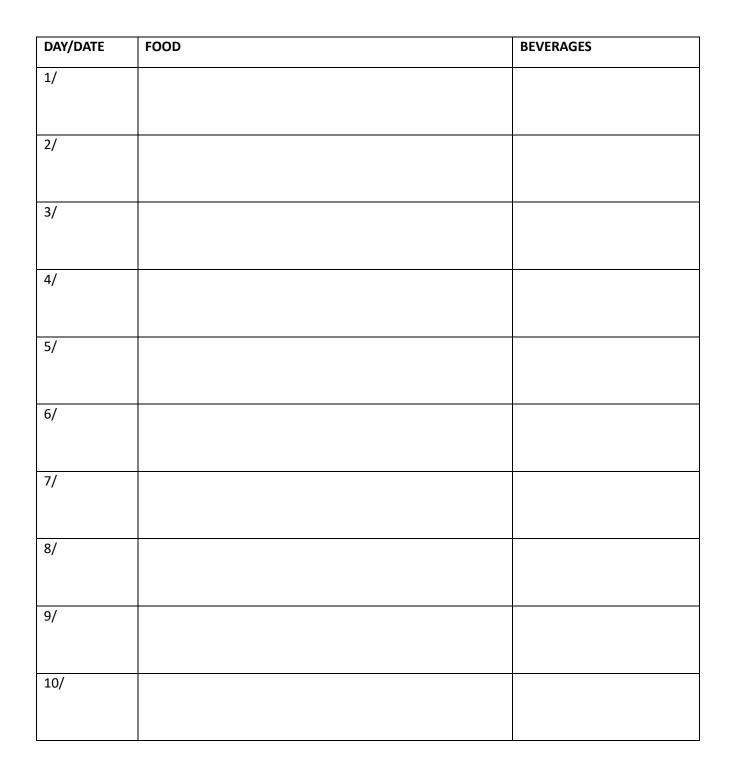


## **FOOD & BEVERAGE JOURNAL**

LOAD DAYS - Day 1 and Day 2 - Eat as much as you want, within reason, even high fat foods.

Start drops. Day 3 - start diet, continue drops.

Be sure to note everything you eat and drink and also note how much and when.



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NOTE: If additional weight loss is desired, continue to keep a journal of food and beverage intake.