

M2 FOOD & BEVERAGE JOURNAL

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

Start M2 drops. Day 3 - start M2 diet, continue M2drops.

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

DAY/DATE	FOOD	BEVERAGES
1/		
2/		
3/		
4/		
5/		
6/		
7/		
8/		
9/		

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

DAY/DATE	FOOD	BEVERAGES
10/		
11/		
12/		
13/		
14/		
15/		
16/		
17/		
18/		
19/		

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

DAY/DATE	FOOD	BEVERAGES
20/		
21/		
22/		
23/		
24/		
25/		
26/		
26/		
27/		

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