

TIP

write it down as you go -
don't rely on your memory
at the end of
the day as you
will miss things

BOSS IT IN™
Beauty

FOOD PLANNER

WEEK: _____	BREAKFAST	LUNCH	DINNER	SNACK	H2O
MON					ML/CUPS
TUE					ML/CUPS
WED					ML/CUPS
THU					ML/CUPS
FRI					ML/CUPS
SAT					ML/CUPS
SUN					ML/CUPS