Healthy Ways Nutrition Counseling

Individualized, Sensible & Permanent Nutritional Plans with Registered Dietitians

(248) 855-4558 Website: www.GailPosner.com

Date: _____

□ Mon □ Tues □ Wed □ Thurs □ Fri □ Sat □ Sun

Exercise_____ Extra Calories_____

Food	Veg	Sta	Fru	Mlk	Pro	Fat	Wat
Plan							
Consumed							

Date: _____

□ Mon □ Tues □ Wed □ Thurs □ Fri □ Sat □ Sun

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