LAweightloss™

800.513.5106
LAWeightLoss.com

Date: _____ **Weight:** _____

My daily servings are:
(per your specific plan)

_____ Life Proteins (LP)
_____ Life Carbs (LC)
_____ Life Fats (LF)
_____ Fruits (F)
_____ Vegetables (V)

Breakfast:

Snack:*

Lunch:

Snack:*

Dinner:

Snack:*

LP	LC	LF	F	V
○	○	○	○	○
○	○	○	○	○
○	○	○		○
○	○	○		○
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○	○	○		
○	○			
○	○			
○	○			

We recommend 2 LA Lites, LA MultiVites, LA OmegaTrim, along with 64 ounces of water a day to support your weight loss goals.

*Snacks are optional.