

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Morning Fasting Shake Afternoon L-Protein 1
Morning Fasting Shake 2	1-Day Reset 3	Morning: Fasting Bar Afternoon L-Protein 4	Morning Fasting Shake Evening L-Spread 5	Morning Fasting Bar Evening Festivities 6	Morning: Fasting Shake Afternoon: L-Protein Evening: Festivities 7	Morning Fasting Bar Evening Festivities 8
Morning Fasting Shake 9	1-Day Reset 10	Morning: Fasting Bar Afternoon L-Protein 11	Morning Fasting Shake Evening L-Spread 12	Morning Fasting Bar Evening Festivities 13	Morning: Fasting Shake Afternoon: L-Protein Evening: Festivities 14	Morning Fasting Bar Evening Festivities 15
Morning Fasting Shake 16	1-Day Reset 17	Morning: Fasting Bar Afternoon L-Protein 18	Morning Fasting Shake Evening L-Spread 19	Morning Fasting Bar Evening Festivities 20	Morning: Fasting Shake Afternoon: L-Protein Evening: Festivities 21	Morning Fasting Bar Evening Festivities 22
Morning Fasting Shake 23	1-Day Reset 24	Morning: Fasting Bar Afternoon L-Protein 25	Morning Fasting Shake Evening L-Spread 26	Morning Fasting Bar Evening Festivities 27	Morning: Fasting Shake Afternoon: L-Protein Evening: Festivities 28	Morning Fasting Bar Evening Festivities 29
Morning Fasting Shake 30						

2025

HOLIDAY SURVIVAL GUIDE / DECEMBER

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		1-Day Reset	1	Morning: Fasting Bar Afternoon L-Protein	2	Morning Fasting Shake Evening L-Spread	3	Morning Fasting Bar Evening Festivities	4	Morning: Fasting Shake Afternoon: L-Protein Evening: Festivities	5	Morning Fasting Bar Evening Festivities	6
Morning Fasting Shake	7	1-Day Reset	8	Morning: Fasting Bar Afternoon L-Protein	9	Morning Fasting Shake Evening L-Spread	10	Morning Fasting Bar Evening Festivities	11	Morning: Fasting Shake Afternoon: L-Protein Evening: Festivities	12	Morning Fasting Bar Evening Festivities	13
Morning Fasting Shake	14	1-Day Reset	15	Morning: Fasting Bar Afternoon L-Protein	16	Morning Fasting Shake Evening L-Spread	17	Morning Fasting Bar Evening Festivities	18	Morning: Fasting Shake Afternoon: L-Protein Evening: Festivities	19	Morning Fasting Bar Evening Festivities	20
Morning Fasting Shake	21	1-Day Reset	22	Morning: Fasting Bar Afternoon L-Protein	23	Morning Fasting Shake Evening L-Spread	24	Morning Fasting Bar Evening Festivities	25	Morning: Fasting Shake Afternoon: L-Protein Evening: Festivities	26	Morning Fasting Bar Evening Festivities	27
Morning Fasting Shake	28	1-Day Reset	29	Morning: Fasting Bar Afternoon L-Protein	30	Morning Fasting Shake Evening L-Spread	31						