

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Morning Fasting Shake Afternoon L-Protein1
Morning Fasting Shake2	1-Day Reset3	Morning: Fasting Bar Afternoon L-Protein4	Morning Fasting Shake Evening L-Spread5	Morning Fasting Bar Evening Festivities6	Morning: Fasting Shake Afternoon: L-Protein Evening: Festivities7	Morning Fasting Bar Evening Festivities8
Morning Fasting Shake9	1-Day Reset10	Morning: Fasting Bar Afternoon L-Protein11	Morning Fasting Shake Evening L-Spread12	Morning Fasting Bar Evening Festivities13	Morning: Fasting Shake Afternoon: L-Protein Evening: Festivities14	Morning Fasting Bar Evening Festivities15
Morning Fasting Shake16	1-Day Reset17	Morning: Fasting Bar Afternoon L-Protein18	Morning Fasting Shake Evening L-Spread19	Morning Fasting Bar Evening Festivities20	Morning: Fasting Shake Afternoon: L-Protein Evening: Festivities21	Morning Fasting Bar Evening Festivities22
Morning Fasting Shake23	1-Day Reset24	Morning: Fasting Bar Afternoon L-Protein25	Morning Fasting Shake Evening L-Spread26	Morning Fasting Bar Evening Festivities27	Morning: Fasting Shake Afternoon: L-Protein Evening: Festivities28	Morning Fasting Bar Evening Festivities29
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1-Day Reset 1	Morning: Fasting Bar 2 Afternoon L-Protein	Morning Fasting Shake 3 Evening L-Spread	Morning Fasting Bar 4 Evening Festivities	Morning: Fasting Shake 5 Afternoon: L-Protein Evening: Festivities	Morning Fasting Bar 6 Evening Festivities
Morning Fasting Shake 7	1-Day Reset 8	Morning: Fasting Bar 9 Afternoon L-Protein	Morning Fasting Shake 10 Evening L-Spread	Morning Fasting Bar 11 Evening Festivities	Morning: Fasting Shake 12 Afternoon: L-Protein Evening: Festivities	Morning Fasting Bar 13 Evening Festivities
Morning Fasting Shake 14	1-Day Reset 15	Morning: Fasting Bar 16 Afternoon L-Protein	Morning Fasting Shake 17 Evening L-Spread	Morning Fasting Bar 18 Evening Festivities	Morning: Fasting Shake 19 Afternoon: L-Protein Evening: Festivities	Morning Fasting Bar 20 Evening Festivities
Morning Fasting Shake 21	1-Day Reset 22	Morning: Fasting Bar 23 Afternoon L-Protein	Morning Fasting Shake 24 Evening L-Spread	Morning Fasting Bar 25 Evening Festivities	Morning: Fasting Shake 26 Afternoon: L-Protein Evening: Festivities	Morning Fasting Bar 27 Evening Festivities
Morning Fasting Shake 28	1-Day Reset 29	Morning: Fasting Bar 30 Afternoon L-Protein	Morning Fasting Shake 31 Evening L-Spread			