









<i>required</i>		<i>required</i>	<i>required</i>					<b>Zone Blocks</b>		
<b>Meal/Snack</b>							<b>Hungry</b>			
<i>You don't have to use all 6</i>							<b>(1-5)</b>			
<b>INCLUDE FISH OIL</b>	<b>Time</b>	<b>What did you eat?</b>	<b>Paleo?</b>	<b>PWO?</b>	<b>(1=sated)</b>	<b>Notes</b>	<b>Pro</b>	<b>CHO</b>	<b>Fat</b>	
Sunday, February 07, 2010										
	1									
	2									
	3									
	4									
	5									
	6									
<b>Week 4</b>										
Monday, February 08, 2010										
	1									
	2									
	3									
	4									
	5									
	6									
Tuesday, February 09, 2010										
	1									
	2									
	3									
	4									
	5									
	6									
Wednesday, February 10, 2010										
	1									
	2									
	3									
	4									
	5									
	6									
Thursday, February 11, 2010										
	1									
	2									
	3									
	4									
	5									
	6									
Friday, February 12, 2010										
	1									
	2									











<i>required</i>		<i>required</i>	<i>required</i>					<b>Zone Blocks</b>				
<b>Meal/Snack</b>						<b>Hungry</b>						
<i>You don't have to use all 6</i>						<b>(1-5)</b>						
<b>INCLUDE FISH OIL</b>						<b>Paleo?</b>	<b>PWO?</b>	<b>(1=sated)</b>	<b>Notes</b>	<b>Pro</b>	<b>CHO</b>	<b>Fat</b>
<b>Time</b>	<b>What did you eat?</b>											
5												
6												
Friday, March 12, 2010												
1												
2												
3												
4												
5												
6												
Saturday, March 13, 2010												
1												
2												
3												
4												
5												
6												
Sunday, March 14, 2010												
1												
2												
3												
4												
5												
6												
Monday, March 15, 2010												
1												
2												
3												
4												
5												
6												