



WEEKLY CHECKLIST

1	PLAN FOR UPCOMING WEEK Create your meal map Create your grocery list	
2	GO GROCERY SHOPPING Don't shop while you're hungry Stick to your list	PROGRESS
3	BULK COOK (1-2X/WEEK) Bulk cook meat & veggies Learn to love the crock pot	INITIAL WEIGH-IN NUMBERS WEIGHT: _____ BF%: _____ WAIST: _____
4	SCHEDULE YOUR WORKOUTS Make a note in your calendar Commit to your health	HALF WAY WEIGH-IN NUMBERS WEIGHT: _____ BF%: _____ WAIST: _____
5	WEEKLY CHECK IN Review your week & ask for help if needed	FINAL WEIGH-IN NUMBERS WEIGHT: _____ BF%: _____ WAIST: _____

EAT & DRINK THIS		DON'T EAT & DRINK THIS	
BEVERAGES	STARCHES	BEVERAGES	GRAINS
Water Coffee (unsweetened & unflavoured) Tea	Quinoa Brown Rice Oats	Soda Fruit Juice Cow's Milk Sports Drinks Coffee Creamer	Cereal Bread Crackers
PROTEIN	SWEETS	PROTEIN	SWEETS
Lean Meats Eggs Fish	Fruits Berries	Pepperoni Hot Dogs Packaged Deli Meats	Candy Bars Ice Cream Flavoured Yogurts
FATS	CONDIMENTS	FATS	CONDIMENTS
Fish Oil Coconut Oil Avocado Oil Olive Oil Nuts/Seeds	Homemade Salad Dressing (Oil & Vinegar) Mustards Hot Sauces	Vegetable Oils Margarine Fake Butter	Jellies & Jams Tomato Sauces Mayonaise Commerical Salad Dressings
SNACKS	FRUITS & VEGGIES BAKED GOODS	SNACKS	BAKING
Fruits Vegetables Nuts/Seeds	Fresh, Canned or Frozen Nothing	Chocolate Bars Power Bars Nature Valley Bars Granola Bars	Flour Maple Syrup Honey Thickeners