

# 21 day **FIX** Meal Tracker

Calorie Target:

Date:

*fruits*



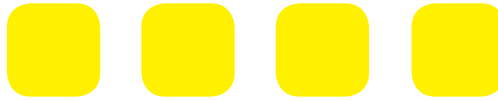
*veggies*



*protein*



*carbs*



*fats/cheese*



*seeds/dressing*



*nut butter/oils*



*water*



*workout*

