

21 day **FIX** Meal Tracker

Calorie Target:

Date:

fruits



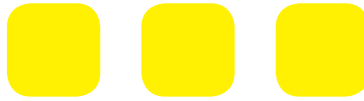
veggies



protein



carbs



fats/cheese



seeds/dressing



nut butter/oils



water



workout

