



Let's Get Started!

Prize Includes
2 nights
Accommodation
Dinner &
Massage for 2
People

7 Day Nutritional Log

90day
Body
Challenge!

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast:							
Time:							
Morning SN							
Time:							
Lunch							
Time:							
Afternoon SN							
Time:							
Dinner							
Time:							
AF Dinner SN							
Exercise							



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