

WEIGHT LOSS TRACKER

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Change is the first step

Standard American Diet (SAD)

- Fast food
- Junk food
- Refined carbs and sugar
- Ultra-processed foods
- Processed oils



Choose your diet

- Low carb
- Keto
- Carnivore
- Vegan, etc

Create your meal

- Choice of carbs- 1 cup
- Protein- 6 oz - 10oz
- Healthy fats- 1- 2 tbsp

Meals per Day

- (OMAD)
- 2 Meals
- 3 Meals

This example meal plan is designed to help you on your journey. Find a diet that fits you, helps you, and most importantly gives the results you want.