weekly food diary

don't skip meals ♡ treat yourself ♡ a sense of lightness ♡ eat salad with every meal

JUST FOR TODAY	First day	Second day	Third day	Fourth day	Fifth day	Sixth day	Seventh day
Morning							
10:00							
Noon							
16:00							
Evening							
Exercise every day Walking, swimming, yoga, pilates	♡	♡	♡	♡	♡	♡	♡
Drink 8 glasses of water 250 ml	💧💧💧💧	💧💧💧💧	💧💧💧💧	💧💧💧💧	💧💧💧💧	💧💧💧💧	💧💧💧💧