

WHAT INSIDE?



YOU WILL GET :

2 Cover Page

8 Nutrition Worksheet Template

- Diet Approved Food List
- Eat More Protein
- Macros Cheatsheet
- Nutrition Food Pyramid
- Gamification Weight Loss Tracker
- Measurement Tracker (2 pages)
- Introduction for Nutrition

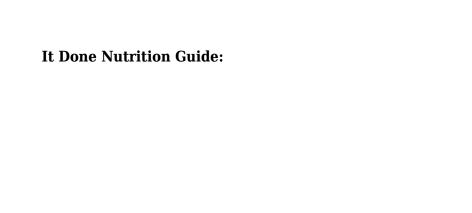
5 Bonus Template

- · Daily Meal Plan
- Weekly Meal Plan
- Monthly Meal Plan
- 30 days Nutrition Challenge (2 pages)



It Done Nutrition Guide

Jiyuan Zhang



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