.22 Caliber Nutrition Protocol Daily Tracking Form

Make c

copies of this fo <mark>rm to help y</mark> ou track your <mark>daily eati</mark> ng plan col	mpliance.
My Calorie Range:	***************************************
Date:	FIRE TEAM WHISKEY MILITARY FITNESS PROTOCOL

TIME	Non-Starchy Vegetables	Starch/Fruit	Proteins	Fats/Oils
	Unlimited	Му	Му	My
		Max:	Max:	Max:
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