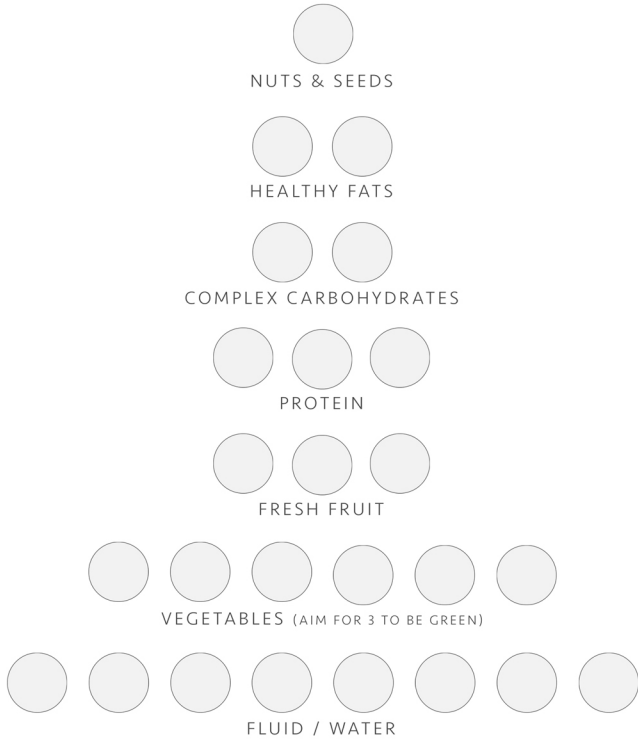


### The Positive Nutrition Pyramid

For more info, see *Nourish & Glow: The 10 Day Plan* page 92

DAY: MON | TUES | WEDS | THURS | FRI | SAT | SUN

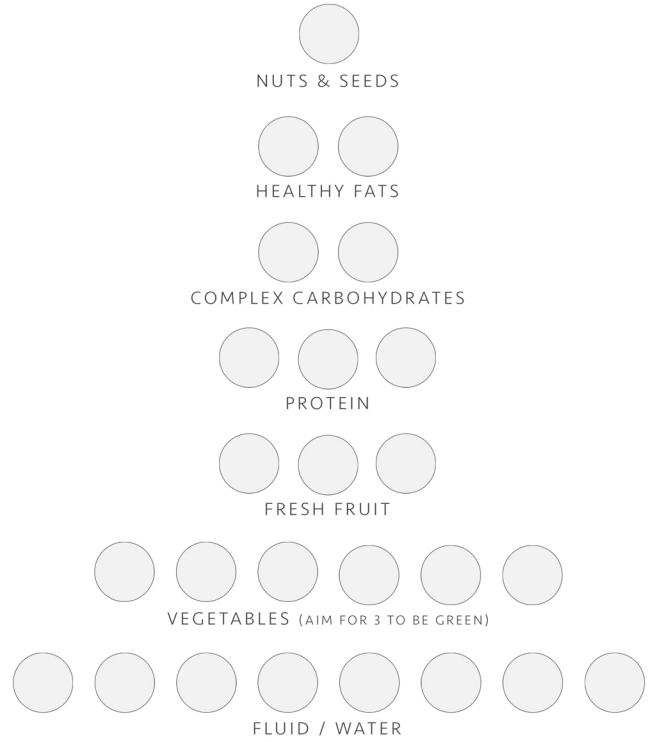


NOTES: \_\_\_\_\_

### The Positive Nutrition Pyramid

For more info, see *Nourish & Glow: The 10 Day Plan* page 92

DAY: MON | TUES | WEDS | THURS | FRI | SAT | SUN

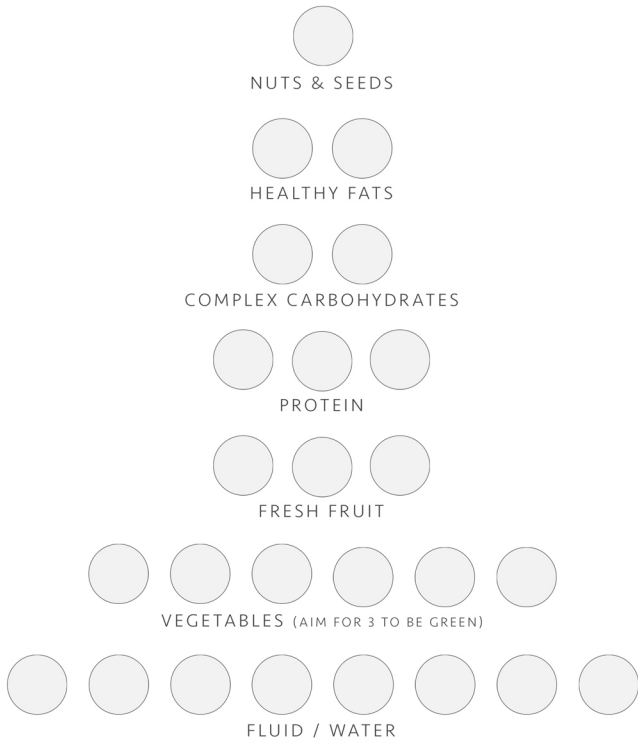


NOTES: \_\_\_\_\_

### The Positive Nutrition Pyramid

For more info, see *Nourish & Glow: The 10 Day Plan* page 92

DAY: MON | TUES | WEDS | THURS | FRI | SAT | SUN

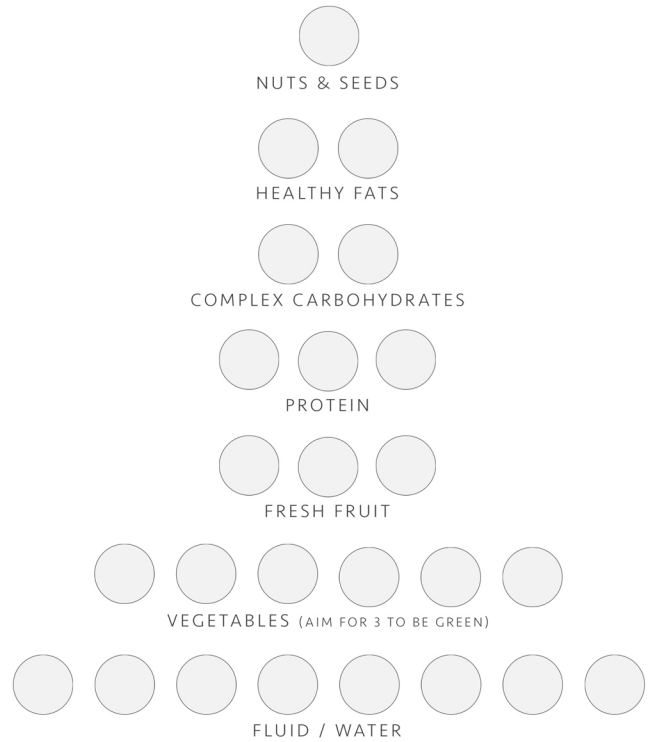


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### The Positive Nutrition Pyramid

For more info, see *Nourish & Glow: The 10 Day Plan* page 92

DAY: MON | TUES | WEDS | THURS | FRI | SAT | SUN



NOTES: \_\_\_\_\_