

SIMPLE ♡ SUBSTITUTIONS



Fill out the three day food journal with absolute honesty. Record all foods and drinks, even tastes and bites! You can type directly into the PDF. Email the PDF back to us at Brooke@pumpsandpushups.com Erica, our dietitian, will review your daily meals and offer simple substitutions to improve your diet and health based on the foods you love!

Its that simple! We ask that you allow at least 72 hours for a response.

	Day 1	Day 2	Day 3
BREAKFAST			
SNACK			
LUNCH			
SNACK			
DINNER			
EXTRAS			