



SIMPLE ♥ SUBSTITUTIONS

Fill out the three day food journal with absolute honesty, recording everything you eat and drink from the time you wake up until the time you go to bed, including how it was prepared! You can type directly into the PDF. Email the completed PDF back to our dietitian at erica@pumpsandpushups.com, she will review your daily meals and offer simple substitutions to improve your diet and health based on foods you are already eating!

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

Name: _____ Age: _____ Height: _____ Weight: _____

Allergies: _____ Goal: _____

	Day 1	Erica's Recommendations
BREAKFAST		
SNACK		
LUNCH		
SNACK		
DINNER		
EXTRAS		

Day 2

Erica's Recommendations

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

EXTRAS

Day 3

Erica's Recommendations

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

EXTRAS