

Probio7[®]

FIBRE *feb*

Week one

Total plant
points for
the week

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Total plant points							

Week two

Total plant
points for
the week

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Total plant points							

Week three

Total plant points for the week

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Total plant points							

Week four

Total plant
points for
the week

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Total plant points							