



## Build your own weekly healthy eating plan

Fill in and design your own plan that suits you & your family. You can see our recipes booklet at member's page website for ideas.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	DailyTeatox	DailyTeatox	DailyTeatox	DailyTeatox	DailyTeatox	DailyTeatox	DailyTeatox
Lunch							
Afternoon snack							
Dinner							
Night	Night Teatox		Night Teatox		Night Teatox/skip	Night Teatox	

\*note: you can either skip the Friday or do 2 consecutive iFit 2<sup>nd</sup> Night on Friday then Saturday. [www.justmetea.com](http://www.justmetea.com)