

**21day** Food Tracking  
**FIX** 2100 – 2300 calories

[beachbodycoach.com/lisabhodge](http://beachbodycoach.com/lisabhodge)

**Veggies**



**Fruits**



**Protein**



**Carbs**



**Fats/Cheese**



**Seeds/Dressing**



**Nut Butter/Oils**



**Water**



**Workout**

