



TALLY SHEET

We created this super-simple Tally Sheet to help you keep track of your portions while you follow The 22 Minute Hard Corps™ nutrition plan.

You can fill out a copy on your computer or print multiple copies to fill out by hand.

sample day

PLAN: 1		CALORIE TARGET:		1,200 - 1,499				
RATIONS	DAY: /	Meal 1	Snack 1	Meal 2	Snack 2	Meal 3	TOTAL	
■ 3	■	1		1		1	3	
■ 2	■	1	1				2	
■ 4	■	1	1	1		1	4	
■ 2	■	1		1			2	
■ 1	■				1		1	
■ 1	■			1			1	
■ 3	■		1			1	2	
WATER	✓	✓	✓	✓	✓	✓	✓	

IMPORTANT: If you have any unique or special medical needs or conditions, such as food allergies, dietary restrictions, issues with blood sugar regulation, or if you are pregnant or breast feeding, please consult your physician before starting this nutrition plan.

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PLAN:		CALORIE TARGET:						
CONTAINERS	DAY:	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	TOTAL
								
								
								
								
								
								
								

WATER								
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PLAN:		CALORIE TARGET:						
CONTAINERS	DAY:	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	TOTAL
								
								
								
								
								
								
								

WATER								
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