

B	I	N	G	O
Rebuild Shake	1 Protein Coffee	Beauty Booster	Meal preparation	Gallon Water/ 8 glasses
3 Vitamins or Cell Activator	Protein waffle	Lost 10 Pounds	2 Prolessa/ Donut Shots	Lost 5 or more inches
Probiotics	Total Control	FREE	2 Shake for breakfast	Check in with Coach
Double lift off tea	No starch today	Food journalled	Cell-u-Loss	Immunity Essential
Beverage mix	3 Shake Teabomb @ Club	Lost 5 lbs	Workout done for today	Am Tea

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