

Habit Change Log

 Behavior Change: Protein

 Start Date: Nov. 5th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1:			3 eggs 18g chicken salad 26g	Greek yogurt 17g Walnuts 12g hamburger 25g	3 eggs 18g ham sandwich 14g 1c. Lentils 18g	3 eggs 18g turkey sandwich 16g steak 24g	Greek yogurt 17g spinich salad 9g Pork Chops 26g
WEEK 2:	cottage cheese 16g Turkey sandwich 16g Chicken pasta 26g	Oatmeal 5g Turkey sandwich 16g Salmon 23g	2 eggs 12g PB+J 4g Pot Roast 28g	Greek yogurt 17g Tuna sandwich 25g Chicken 26g	3 eggs 18g grilled cheese 7g steak 24g	Ricotta pancakes 14g spinich salad 9g Pizza 24g	3 eggs 18g shrimp salad 20g Baked chicken 26g

NOTES:

$$120 \text{ lbs} \times .36 \text{ g/lb} = 43.2 \text{ g}$$
