Thursday

Date_____ Weight_____

Supplements ❑O3 ❑O6 ❑O9 ❑D3 ❑MV

❑Iodine ❑CQ10 ❑Acai ❑GT ❑CLA ❑R ❑G

8 oz Water ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑

Friday

Date_____ Weight_____

Supplements ❑O3 ❑O6 ❑O9 ❑D3 ❑MV

❑Iodine ❑CQ10 ❑Acai ❑GT ❑CLA ❑R ❑G

8 oz Water ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑

The Ezekiel Diet

Monday

Date_____ Weight_____

Supplements ❑O3 ❑O6 ❑O9 ❑D3 ❑MV

❑Iodine ❑CQ10 ❑Acai ❑GT ❑CLA ❑R ❑G

8 oz Water ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑

Saturday

Date_____ Weight_____

Supplements ❑O3 ❑O6 ❑O9 ❑D3 ❑MV

❑Iodine ❑CQ10 ❑Acai ❑GT ❑CLA ❑R ❑G

8 oz Water ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑

Sunday

Date_____ Weight_____

Supplements ❑O3 ❑O6 ❑O9 ❑D3 ❑MV

❑Iodine ❑CQ10 ❑Acai ❑GT ❑CLA ❑R ❑G

8 oz Water ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑

Tuesday

Date_____ Weight_____

Supplements ❑O3 ❑O6 ❑O9 ❑D3 ❑MV

❑Iodine ❑CQ10 ❑Acai ❑GT ❑CLA ❑R ❑G

8 oz Water ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑

Wednesday

Date_____ Weight_____

Supplements ❑O3 ❑O6 ❑O9 ❑D3 ❑MV

❑Iodine ❑CQ10 ❑Acai ❑GT ❑CLA ❑R ❑G

8 oz Water ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑