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| --- | --- | --- | --- | --- | --- | --- | --- |
| Gut Reboot 2.7 | | | | | | | |
| Start Date: | | | | **Finish Date:** | | | |
| Name: | | Start Q Score: /10 Finish Q Score: /10 | | | | Start Weight: /kgs Finish Weight: /kgs | |
| DAY 1-10 | **BREAKFAST CHOICE** | | **LUNCH CHOICE** | | **DINNER CHOICE** | | **GRAZING** |
| DAY 1 |  | |  | |  | |  |
| DAY 2 |  | |  | |  | |  |
| DAY 3 |  | |  | |  | |  |
| DAY 4 |  | |  | |  | |  |
| DAY 5 |  | |  | |  | |  |
| DAY 6 |  | |  | |  | |  |
| DAY 7 |  | |  | |  | |  |
| DAY 8 |  | |  | |  | |  |
| DAY 9 |  | |  | |  | |  |
| DAY 10 |  | |  | |  | |  |