

## The 5:2 Diet Book Meal Planner



Print this off and use to plan and then monitor your own Fast Days. You don't have to eat at particular times but when you're starting off, you can experiment with different meal times or arrangements.

I've also added a column to record your mood and thoughts as you progress – this can help you see when you're feeling good, and to anticipate any problems on future Fast Days!

<b>Date:</b>			
<b>Meal</b>	<b>Food</b>	<b>Calories</b>	<b>Mood &amp; comments</b>
<b>Breakfast</b>			
<b>Lunch</b>			
<b>Dinner</b>			
<b>Snacks &amp; drinks</b>			
		<b>Total calories:</b>	

