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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 |  |  |  |  |