

# 28-Day Detox Program Daily Intake Journal



	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7	
Shakes														
Protein <small>Your Daily Protein Goal _____ g</small>	Protein from SHAKES	Protein from MEALS												
	17g +		17g +		17g +		34g +		34g +		34g +		34g +	
	= TOTAL DAILY PROTEIN		= TOTAL DAILY PROTEIN		= TOTAL DAILY PROTEIN		= TOTAL DAILY PROTEIN		= TOTAL DAILY PROTEIN		= TOTAL DAILY PROTEIN		= TOTAL DAILY PROTEIN	
Water														
Exercise	 15 min 15 min 15 min													
How are you?														
Notes														

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	34g +		34g +		34g +		17g +		17g +		17g +		17g +	
	= TOTAL DAILY PROTEIN		= TOTAL DAILY PROTEIN		= TOTAL DAILY PROTEIN		= TOTAL DAILY PROTEIN		= TOTAL DAILY PROTEIN		= TOTAL DAILY PROTEIN		= TOTAL DAILY PROTEIN	
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