

The Beet.

Progress Tracker: 21 Day Plant-Based Challenge



Weekly Meals	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast:							
Snack:							
Lunch:							
Snack:							
Dinner:							
Workout:							
Mood & Sleep:							
Stress & Work:							
Slip-Ups & Cheats:							
Wins, Swaps & Shares:							
Notes on the Day:							