



3 Day Diet Sheet

Day 1

Day 2

Day 3

<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>

* Please include snacks and fluid intake

Plum Midwifery ©