

# FILLER CHART

	#3 SEVEN DAYS	RANGE SEVEN DAYS	#4 SEVEN DAYS	#5 SEVEN DAYS	#6 SEVEN DAYS	#7 SEVEN DAYS	NEXT SEVEN DAYS etc.
FILLER CHART							
BREAD		0, 1, 2, 3 or 4					
SALAD		3 - 4					
HI-END PROTEIN		1					
STARCH		3 - 4					
DESSERT		3 - 4					
BEVERAGE		0, 1, 2, 3 or 4					
ALCOHOL		0, 1, 2, 3 or 4					
NO-MEAL-MEAL		0					
BBDA							

**The Caryl Ehrlich Program**

MAKE COPIES OF THIS FORM FOR FUTURE USE

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