

The Filler Chart

THE FILLER CHART	Seven Day Range	First Seven Days	2nd Seven Days	3rd Seven Days	4th Seven Days	5th Seven Days	Etc. Seven Days
DATE							
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	11						