

RFF Daily Food Schedule

Day	Breakfast	Lunch	Afternoon	Dinner	Total Daily Calories
Day 1*	1 Lovegood Bar (190-210 cal) 1 Wiley's Finest Wild Alaskan Fish Oil (15 cal) 1 Tablet New Chapter One Daily Multivitamin	1 Serving (1/2 box) Kettle and Fire Bone Broth Soup (110-120) 3 Ella's Flats All Seed Savory Crisps (180 cal) 8 Olives (35 cal)	1 Lovegood Bar (190-210 cal) 1 Packet Grace's Goodness Sipping Broth (35 cal) 8 Olives (35 cal)	1 Serving (1/2 box) Kettle and Fire Bone Broth Soup (110-120) 1 Seaweed Snack (20 cal)	980 cal
Day 2*	1 Ultima Electrolyte Packet (any flavor) 1 Lovegood Bar (190-210 cal) 1 Tablet New Chapter One Daily Multivitamin	1 Serving (1/2 box) Kettle and Fire Bone Broth Soup (110-120) 8 Olives (35 cal)	1 Packet Grace's Goodness Sipping Broth (35 cal)	1 Serving (1/2 box) Kettle and Fire Bone Broth Soup (110-120) 1 Lovegood Bar (190-210 cal)	730 cal
Day 3*	1 Ultima Electrolyte Packet (any flavor) 1 Lovegood Bar (190-210 cal) 1 Tablet New Chapter One Daily Multivitamin 1 Packet Grace's Goodness Sipping Broth (35 cal)	1 Serving (1/2 box) Kettle and Fire Bone Broth Soup (110-120) 3 Ella's Flats All Seed Savory Crisps (180 cal)	1 Packet Grace's Goodness Sipping Broth (35 cal)	1 Serving (1/2 box) Kettle and Fire Bone Broth Soup (110-120) 1 Seaweed Snack (20 cal)	720 cal
Day 4*	1 Ultima Electrolyte Packet (any flavor) 1 Lovegood Bar (190-210 cal) 1 Tablet New Chapter One Daily Multivitamin 1 Packet Grace's Goodness Sipping Broth (35 cal)	1 Serving (1/2 box) Kettle and Fire Bone Broth Soup (110-120) 8 Olives (35 cal) 1 Seaweed Snack (20 cal)	1 Packet Grace's Goodness Sipping Broth (35 cal) 8 Olives (35 cal)	1 Serving (1/2 box) Kettle and Fire Bone Broth Soup (110-120) 1 Seaweed Snack (20 cal)	630 cal
Day 5*	1 Ultima Electrolyte Packet (any flavor) 1 Lovegood Bar (190-210 cal) 1 Wiley's Finest Wild Alaskan Fish Oil (15 cal) 1 Tablet New Chapter One Daily Multivitamin	1 Serving (1/2 box) Kettle and Fire Bone Broth Soup (110-120) 3 Ella's Flats All Seed Savory Crisps (180 cal)	1 Packet Grace's Goodness Sipping Broth (35 cal)	1 Serving (1/2 box) Kettle and Fire Bone Broth Soup (110-120) 1 Seaweed Snack (20 cal)	700 cal
*If you weigh more than 175 lbs, please add either one (1) additional pack of seaweed OR eight (8) additional olives per day. If you weigh more than 200 lbs, please add one (1) additional pack of seaweed AND eight (8) additional olives per day. If you weigh more than 225 lbs, please add one (1) additional pack of seaweed AND sixteen (16) additional olives per day. If you weigh more than 250 lbs, please add two (2) additional packs of seaweed AND sixteen (16) additional olives per day.					Total Calories: 3,760