

The Matol Diet

~ Daily Meal Planner ~



DAY	Breakfast	Lunch	Supper	Food Group Options*	Matol Supplements √	Snacks √	Water √	Exercise
Monday				#1	Km®			
				#2	Omega-3			
				#3	MegaVitamins			
Tuesday				#1	Km®			
				#2	Omega-3			
				#3	MegaVitamins			
Wednesday				#1	Km®			
				#2	Omega-3			
				#3	MegaVitamins			
Thursday				#1	Km®			
				#2	Omega-3			
				#3	MegaVitamins			
Friday				#1	Km®			
				#2	Omega-3			
				#3	MegaVitamins			
Saturday				#1	Km®			
				#2	Omega-3			
				#3	MegaVitamins			
Sunday				#1	Km®			
				#2	Omega-3			
				#3	MegaVitamins			

* For Stages 3 & 4 and Type II Diabetics