

November 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 18/6 FAST TWO MEALS NO SNACKS AFTER 18 HR - BONE 2X COLLAGEN	<b>2</b> 20/4 FAST OMAD NO SNACKS AFTER 20 HR - BONE 2X COLLAGEN	<b>3</b> REGULAR EATING EAT WHEN HUNGRY TWO MEALS NO SNACKS 2X COLLAGEN	<b>4</b> 20/4 FASTING DAY OMAD - EAT NO THAN 500 CAL AFTER 20 HR - BONE	<b>5</b> 16/8 HR FAST TWO MEALS NO SNACKS AFTER 16HRS - BONE	<b>6</b> NO FAST EAT 2 OR 3 MEALS NO SNACKS 2X COLLAGEN	<b>7</b> OMAD 1 BIG SALAD ADD ENOUGH TO MEET YOUR MIN REQUIREMENT 2X COLLAGEN
<b>8</b> 18/6 FAST TWO MEALS NO SNACKS AFTER 18 HR - BONE 2X COLLAGEN	<b>9</b> 20/4 FAST OMAD NO SNACKS AFTER 20 HR - BONE 2X COLLAGEN	<b>10</b> REGULAR EATING EAT WHEN HUNGRY TWO MEALS NO SNACKS 2X COLLAGEN	<b>11</b> 20/4 FASTING DAY OMAD - EAT NO THAN 500 CAL AFTER 20 HR - BONE	<b>12</b> 16/8 HR FAST TWO MEALS NO SNACKS AFTER 16HRS - BONE	<b>13</b> NO FAST EAT 2 OR 3 MEALS NO SNACKS 2X COLLAGEN	<b>14</b> OMAD 1 BIG SALAD ADD ENOUGH TO MEET YOUR MIN REQUIREMENT 2X COLLAGEN
<b>15</b> 18/6 FAST TWO MEALS NO SNACKS AFTER 18 HR - BONE 2X COLLAGEN	<b>16</b> 20/4 FAST OMAD NO SNACKS AFTER 20 HR - BONE 2X COLLAGEN	<b>17</b> REGULAR EATING EAT WHEN HUNGRY TWO MEALS NO SNACKS 2X COLLAGEN	<b>18</b> 20/4 FASTING DAY OMAD - EAT NO THAN 500 CAL AFTER 20 HR - BONE	<b>19</b> 16/8 HR FAST TWO MEALS NO SNACKS AFTER 16HRS - BONE	<b>20</b> NO FAST EAT 2 OR 3 MEALS NO SNACKS 2X COLLAGEN	<b>21</b> OMAD 1 BIG SALAD ADD ENOUGH TO MEET YOUR MIN REQUIREMENT 2X COLLAGEN
<b>22</b> 18/6 FAST TWO MEALS NO SNACKS AFTER 18 HR - BONE 2X COLLAGEN	<b>23</b> 20/4 FAST OMAD NO SNACKS AFTER 20 HR - BONE 2X COLLAGEN	<b>24</b> REGULAR EATING EAT WHEN HUNGRY TWO MEALS NO SNACKS 2X COLLAGEN	<b>25</b> 20/4 FASTING DAY OMAD - EAT NO THAN 500 CAL AFTER 20 HR - BONE	<b>26 THANKSGIVING</b> NO FAST EAT 2 OR 3 MEALS 2X COLLAGEN	<b>27</b> 18/6 FAST TWO MEALS NO SNACKS AFTER 18 HR - BONE 2X COLLAGEN	<b>28</b> OMAD 1 BIG SALAD ADD ENOUGH TO MEET YOUR MIN REQUIREMENT 2X COLLAGEN
<b>29</b> 18/6 FAST TWO MEALS NO SNACKS AFTER 18 HR - BONE 2X COLLAGEN	<b>30</b> 20/4 FAST OMAD NO SNACKS AFTER 20 HR - BONE 2X COLLAGEN	Notes:				