

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 | | | | | | |