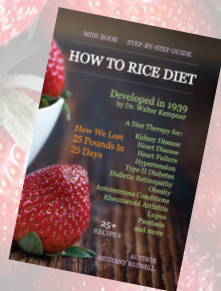


# 25 Days How To Rice Diet Jumpstart

Log Pages

companion to my mini guidebook  
How To Rice Diet by Bethany Russell

How We lost  
25 Pounds in  
25 Days



[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

# DAY 1

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

**MEAL 1** 🕒 Time:

INGREDIENTS:

**MEAL 2** 🕒 Time:

INGREDIENTS:

**MEAL 3** 🕒 Time:

INGREDIENTS:

Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses

--	--	--	--	--	--	--	--

total \_\_\_\_oz

Exercise:

# DAY 2

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

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**MEAL 1** 🕒 Time:

INGREDIENTS:

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**MEAL 2** 🕒 Time:

INGREDIENTS:

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**MEAL 3** 🕒 Time:

INGREDIENTS:

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Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses

□	□	□	□	□	□	□	□
---	---	---	---	---	---	---	---

total \_\_\_\_oz

Exercise:

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# DAY 3

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

**MEAL 1** 🕒 Time:

INGREDIENTS:

**MEAL 2** 🕒 Time:

INGREDIENTS:

**MEAL 3** 🕒 Time:

INGREDIENTS:

Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses         total \_\_\_\_\_ oz

Exercise:

# DAY 4

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

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**MEAL 1** 🕒 Time:

INGREDIENTS:

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**MEAL 2** 🕒 Time:

INGREDIENTS:

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**MEAL 3** 🕒 Time:

INGREDIENTS:

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Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses

--	--	--	--	--	--	--	--

total \_\_\_\_oz

Exercise:

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# DAY 5

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

**MEAL 1** 🕒 Time:

INGREDIENTS:

**MEAL 2** 🕒 Time:

INGREDIENTS:

**MEAL 3** 🕒 Time:

INGREDIENTS:

Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses 

--	--	--	--	--	--	--	--

 total \_\_\_\_oz

Exercise:

# DAY 6

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

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**MEAL 1** 🕒 Time:

INGREDIENTS:

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**MEAL 2** 🕒 Time:

INGREDIENTS:

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**MEAL 3** 🕒 Time:

INGREDIENTS:

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Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses

□	□	□	□	□	□	□	□
---	---	---	---	---	---	---	---

total \_\_\_\_oz

Exercise:

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# DAY 7

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

**MEAL 1** 🕒 Time:

INGREDIENTS:

**MEAL 2** 🕒 Time:

INGREDIENTS:

**MEAL 3** 🕒 Time:

INGREDIENTS:

Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses 

--	--	--	--	--	--	--	--

 total \_\_\_\_oz

Exercise:



# DAY 8

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

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**MEAL 1** 🕒 Time:

INGREDIENTS:

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**MEAL 2** 🕒 Time:

INGREDIENTS:

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**MEAL 3** 🕒 Time:

INGREDIENTS:

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Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses

□	□	□	□	□	□	□	□
---	---	---	---	---	---	---	---

total \_\_\_\_oz

Exercise:

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# DAY 9

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

**MEAL 1** 🕒 Time:

INGREDIENTS:

**MEAL 2** 🕒 Time:

INGREDIENTS:

**MEAL 3** 🕒 Time:

INGREDIENTS:

Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses         total \_\_\_\_\_ oz

Exercise:

# DAY 10

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

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**MEAL 1** 🕒 Time:

INGREDIENTS:

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**MEAL 2** 🕒 Time:

INGREDIENTS:

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**MEAL 3** 🕒 Time:

INGREDIENTS:

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Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses

□	□	□	□	□	□	□	□
---	---	---	---	---	---	---	---

total \_\_\_\_oz

Exercise:

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# DAY 11

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

**MEAL 1** 🕒 Time:

INGREDIENTS:

**MEAL 2** 🕒 Time:

INGREDIENTS:

**MEAL 3** 🕒 Time:

INGREDIENTS:

Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses 

--	--	--	--	--	--	--	--

 total \_\_\_\_oz

Exercise:

# DAY 12

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

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**MEAL 1** 🕒 Time:

INGREDIENTS:

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**MEAL 2** 🕒 Time:

INGREDIENTS:

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**MEAL 3** 🕒 Time:

INGREDIENTS:

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Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses

--	--	--	--	--	--	--	--

total \_\_\_\_oz

Exercise:

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# DAY 13

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

**MEAL 1** 🕒 Time:

INGREDIENTS:

**MEAL 2** 🕒 Time:

INGREDIENTS:

**MEAL 3** 🕒 Time:

INGREDIENTS:

Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses

--	--	--	--	--	--	--	--

total \_\_\_\_oz

Exercise:

# DAY 14

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

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**MEAL 1** 🕒 Time:

INGREDIENTS:

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**MEAL 2** 🕒 Time:

INGREDIENTS:

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**MEAL 3** 🕒 Time:

INGREDIENTS:

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Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses

--	--	--	--	--	--	--	--

total \_\_\_\_oz

Exercise:

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# DAY 15

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

**MEAL 1** 🕒 Time:

INGREDIENTS:

**MEAL 2** 🕒 Time:

INGREDIENTS:

**MEAL 3** 🕒 Time:

INGREDIENTS:

Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses         total \_\_\_\_\_ oz

Exercise:



# DAY 16

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

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**MEAL 1** 🕒 Time:

INGREDIENTS:

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**MEAL 2** 🕒 Time:

INGREDIENTS:

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**MEAL 3** 🕒 Time:

INGREDIENTS:

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Portions:

R	R	FV	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses

□	□	□	□	□	□	□	□
---	---	---	---	---	---	---	---

total \_\_\_\_oz

Exercise:

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# DAY 17

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

**MEAL 1** 🕒 Time:

INGREDIENTS:

**MEAL 2** 🕒 Time:

INGREDIENTS:

**MEAL 3** 🕒 Time:

INGREDIENTS:

Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses         total \_\_\_\_\_ oz

Exercise:

# DAY 18

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

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**MEAL 1** 🕒 Time:

INGREDIENTS:

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**MEAL 2** 🕒 Time:

INGREDIENTS:

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**MEAL 3** 🕒 Time:

INGREDIENTS:

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Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses

□	□	□	□	□	□	□	□
---	---	---	---	---	---	---	---

total \_\_\_\_oz

Exercise:

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# DAY 19

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

**MEAL 1** 🕒 Time:

INGREDIENTS:

**MEAL 2** 🕒 Time:

INGREDIENTS:

**MEAL 3** 🕒 Time:

INGREDIENTS:

Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses         total \_\_\_\_\_oz

Exercise:

# DAY 20

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

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**MEAL 1** 🕒 Time:

INGREDIENTS:

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**MEAL 2** 🕒 Time:

INGREDIENTS:

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**MEAL 3** 🕒 Time:

INGREDIENTS:

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Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses

--	--	--	--	--	--	--	--

total \_\_\_\_oz

Exercise:

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# DAY 21

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

**MEAL 1** 🕒 Time:

INGREDIENTS:

**MEAL 2** 🕒 Time:

INGREDIENTS:

**MEAL 3** 🕒 Time:

INGREDIENTS:

Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses

--	--	--	--	--	--	--	--

total \_\_\_\_oz

Exercise:

# DAY 22

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

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**MEAL 1** 🕒 Time:

INGREDIENTS:

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**MEAL 2** 🕒 Time:

INGREDIENTS:

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**MEAL 3** 🕒 Time:

INGREDIENTS:

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---

---

Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses

□	□	□	□	□	□	□	□
---	---	---	---	---	---	---	---

total \_\_\_\_oz

Exercise:

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# DAY 23

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

**MEAL 1** 🕒 Time:

INGREDIENTS:

**MEAL 2** 🕒 Time:

INGREDIENTS:

**MEAL 3** 🕒 Time:

INGREDIENTS:

Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses         total \_\_\_\_\_oz

Exercise:



# DAY 24

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

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**MEAL 1** 🕒 Time:

INGREDIENTS:

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**MEAL 2** 🕒 Time:

INGREDIENTS:

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**MEAL 3** 🕒 Time:

INGREDIENTS:

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---

Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses

--	--	--	--	--	--	--	--

total \_\_\_\_oz

Exercise:

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# DAY 25

# LOG

Morning Weigh-In:

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

Blood Pressure/Other:

**MEAL 1** 🕒 Time:

INGREDIENTS:

**MEAL 2** 🕒 Time:

INGREDIENTS:

**MEAL 3** 🕒 Time:

INGREDIENTS:

Portions:

R	R	FV	FV	FV	FV	FV	+
---	---	----	----	----	----	----	---

Multivitamins:

Fluid Intake: 8oz glasses

--	--	--	--	--	--	--	--

total \_\_\_\_oz

Exercise:

*You've read my mini guidebook,  
How To Rice Diet by Bethany Russell?*

*I would like to gift you a free eBook!*

*Email me:  
ricedietbethany@gmail.com*

*Subject:  
eBook*

*Please allow up to 30 days to receive your  
free eBook. Thank you!*