

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning Start							
Mid Morning Booster							
Lunch Refuel							
Mid Afternoon Munch							
Dinner Delight							
Before Bed (If Hungry)							

Checklist	LP ①①① ①①①	LP ①①① ①①①	LP ①①① ①①①	LP ①①① ①①①	LP ①①① ①①①	LP ①①① ①①①	LP ①①① ①①①
	SCC ①①① ①	SCC ①①① ①	SCC ①①① ①	SCC ①①① ①	SCC ①①① ①	SCC ①①① ①	SCC ①①① ①
	CC ①①① ①①①	CC ①①① ①①①	CC ①①① ①①①	CC ①①① ①①①	CC ①①① ①①①	CC ①①① ①①①	CC ①①① ①①①
	HF ①①①	HF ①①①	HF ①①①	HF ①①①	HF ①①①	HF ①①①	HF ①①①

**5-6 servings** of lean protein  
**2-4 servings** of starchy complex carbs (before or with Meal 3)

**2-3 servings** of healthy fats  
**4-6 servings** of fruit & veggies complex carbs