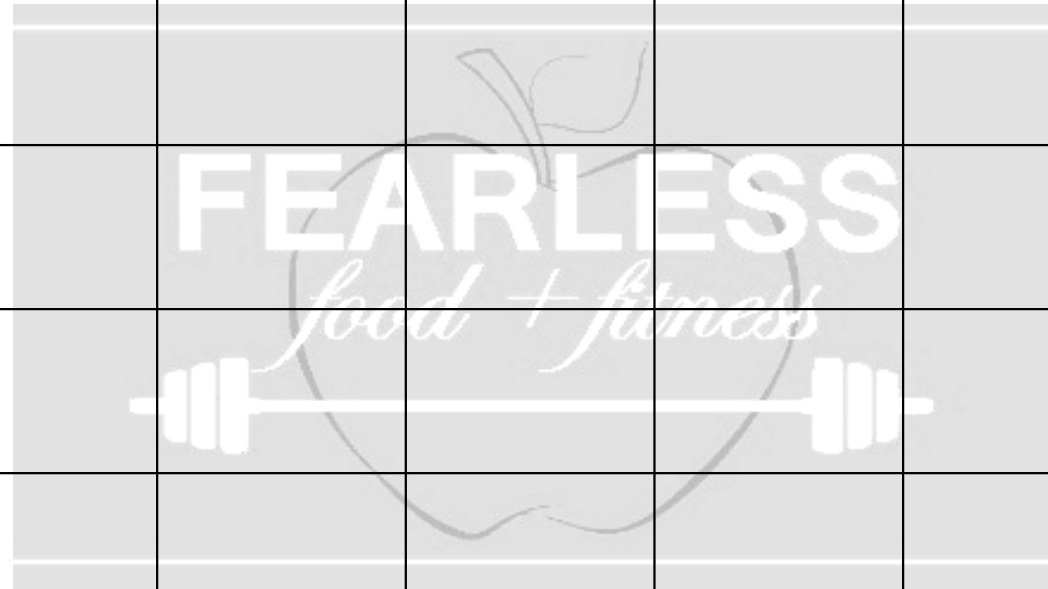


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning Start							
Mid Morning Booster							
Lunch Refuel							
Mid Afternoon Munch							
Dinner Delight							
Before Bed (If Hungry)							



Checklist	LP (1)(1)(1) (1)(1)(1)	LP (1)(1)(1) (1)(1)(1)	LP (1)(1)(1) (1)(1)(1)	LP (1)(1)(1) (1)(1)(1)	LP (1)(1)(1) (1)(1)(1)	LP (1)(1)(1) (1)(1)(1)	LP (1)(1)(1) (1)(1)(1)
	SCC (1)(1)(1) (1)	SCC (1)(1)(1) (1)	SCC (1)(1)(1) (1)	SCC (1)(1)(1) (1)	SCC (1)(1)(1) (1)	SCC (1)(1)(1) (1)	SCC (1)(1)(1) (1)
	CC (1)(1)(1) (1)(1)(1)	CC (1)(1)(1) (1)(1)(1)	CC (1)(1)(1) (1)(1)(1)	CC (1)(1)(1) (1)(1)(1)	CC (1)(1)(1) (1)(1)(1)	CC (1)(1)(1) (1)(1)(1)	CC (1)(1)(1) (1)(1)(1)
	HF (1)(1)(1)	HF (1)(1)(1)	HF (1)(1)(1)	HF (1)(1)(1)	HF (1)(1)(1)	HF (1)(1)(1)	HF (1)(1)(1)

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