

DATE: _____

MEAL PLAN FOR REST DAY WORKOUT

BREAKFAST:

1 - 2 CARBS

1 PROTEIN

1 FAT

LUNCH:

1 - 2 CARBS

1 PROTEIN

1 FAT

AFTERNOON SNACK:

1 - 2 CARBS

1 PROTEIN

0 - 1/2 FAT

DINNER:

0 - 1/2 CARBS

1 PROTEIN

1 FAT

EVENING SNACK:

0 - 1/2 CARBS

1 PROTEIN

1 FAT