

DATE: _____

MEAL PLAN FOR MORNING WORKOUT

PRE-WORKOUT:

1 PROTEIN _____
1 - 2 CARBS _____
0 - 1/2 FAT _____

POST-WORKOUT BREAKFAST:

1 - 2 CARBS _____
1 PROTEIN _____
1 FAT _____

LUNCH:

1 - 2 CARBS _____
1 PROTEIN _____
1 FAT _____

AFTERNOON SNACK:

1/2 CARB _____
1 PROTEIN _____
1/2 FAT _____

DINNER:

1 PROTEIN _____
0 - 1/2 CARB _____
1 FAT _____

EVENING SNACK:

1 PROTEIN _____
1 FAT _____