



### 13 Block Meal Plan

		MY Sample Meal Plan:
<b>Breakfast:</b>	<ul style="list-style-type: none"> <li>• 3 Blocks Protein</li> <li>• 3 Blocks Carbohydrates</li> <li>• 3 Blocks Fat</li> </ul>	P: C: F:
<b>Snack:</b>	<ul style="list-style-type: none"> <li>• 1 Block Protein</li> <li>• 1 Block Carbohydrate</li> <li>• 1 Block Fat</li> </ul>	P: C: F:
<b>Lunch:</b>	<ul style="list-style-type: none"> <li>• 4 Blocks Protein</li> <li>• 4 Blocks Carbohydrates (at least 1 non-starchy vegetable)</li> <li>• 4 Blocks Fat</li> </ul>	P: C: F:
<b>Snack:</b>	<ul style="list-style-type: none"> <li>• 1 Block Protein</li> <li>• 1 Block Carbohydrate</li> <li>• 1 Block Fat</li> </ul>	P: C: F:
<b>Dinner:</b>	<ul style="list-style-type: none"> <li>• 4 Blocks Protein</li> <li>• 4 Blocks Carbohydrates (at least 2 non-starchy vegetables)</li> <li>• 4 Blocks Fat</li> </ul>	P: C: F: