



15 Block Meal Plan

		MY Sample Meal Plan:
Breakfast:	<ul style="list-style-type: none"> • 3 Blocks Protein • 3 Blocks Carbohydrates • 3 Blocks Fat 	P: C: F:
Snack:	<ul style="list-style-type: none"> • 1 Block Protein • 1 Block Carbohydrate • 1 Block Fat 	P: C: F:
Lunch:	<ul style="list-style-type: none"> • 4 Blocks Protein • 4 Blocks Carbohydrates (at least 1 non-starchy vegetable) • 4 Blocks Fat 	P: C: F:
Snack:	<ul style="list-style-type: none"> • 1 Block Protein • 1 Block Carbohydrate • 1 Block Fat 	P: C: F:
Post Workout:	<ul style="list-style-type: none"> • 2 Block Protein • 2 Blocks Carbohydrates 	P: C:
Dinner:	<ul style="list-style-type: none"> • 4 Blocks Protein • 4 Blocks Carbohydrates (at least 2 non-starchy vegetables) • 5 Blocks Fat 	P: C: F: