



## 15 Serving Meal Plan

		Day 1:	Day 2:
<b>Breakfast:</b>	<ul style="list-style-type: none"> <li>• 3 Servings Protein</li> <li>• 3 Servings Carbohydrates</li> <li>• 3 Servings Fat</li> </ul>	P: C: F:	P: C: F:
<b>AM Snack:</b>	<ul style="list-style-type: none"> <li>• 1 Serving Protein</li> <li>• 1 Serving Carbohydrate</li> <li>• 1 Serving Fat</li> </ul>	P: C: F:	P: C: F:
<b>Lunch:</b>	<ul style="list-style-type: none"> <li>• 4 Servings Protein</li> <li>• 4 Servings Carbohydrates (at least 1 non-starchy vegetable)</li> <li>• 4 Servings Fat</li> </ul>	P: C: F:	P: C: F:
<b>PM Snack:</b>	<ul style="list-style-type: none"> <li>• 1 Serving Protein</li> <li>• 1 Serving Carbohydrate</li> <li>• 1 Servings Fat</li> </ul>	P: C: F:	P: C: F:
<b>Post Workout:</b>	<ul style="list-style-type: none"> <li>• 2 Servings Protein</li> <li>• 2 Servings Carbohydrates</li> </ul>	P: C:	P: C:
<b>Dinner:</b>	<ul style="list-style-type: none"> <li>• 4 Servings Protein</li> <li>• 4 Servings Carbohydrates (at least 2 non-starchy veggies)</li> <li>• 4 Servings Fat</li> </ul>	P: C: F:	P: C: F: