



__ Serving Meal Plan

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