

MY MEAL PLAN

DAILY CALORIE TARGET: _____ CALORIES DAILY PROTEIN TARGET (BODY WEIGHT X 1.8 OR 2.2): _____ GRAMS															
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
BREAKFAST															
	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	
MORNING TEA															
	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	
LUNCH															
	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	
AFTERNOON TEA															
	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	
DINNER															
	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	
OCCASIONAL TREAT															
	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	PROTEIN	CALS	
TOTAL DAILY PROTEIN															
TOTAL DAILY CALORIES															

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