



Meal Planner

	Meal / Snack	Meal / Snack	Meal / Snack	Meal / Snack	Meal / Snack	Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Eat three meals and three snacks every day, plus a post-workout meal or shake following exercise.
Make sure your last food intake is a snack, around an hour before bedtime.