

BLANK MEAL MAP, PHASE 1

PHASE 1: UNWIND STRESS									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
___:___ am/pm MONDAY	_____	___:___ am/pm P1 GRAIN P1 FRUIT	___:___ am/pm P1 FRUIT	___:___ am/pm P1 GRAIN P1 PROTEIN P1 FRUIT P1 VEGGIE	___:___ am/pm P1 FRUIT	___:___ am/pm P1 GRAIN P1 VEGGIE P1 PROTEIN			
___:___ am/pm TUESDAY	_____	___:___ am/pm P1 GRAIN P1 FRUIT	___:___ am/pm P1 FRUIT	___:___ am/pm P1 GRAIN P1 PROTEIN P1 FRUIT P1 VEGGIE	___:___ am/pm P1 FRUIT	___:___ am/pm P1 GRAIN P1 VEGGIE P1 PROTEIN			

BLANK MEAL MAP, PHASE 2

PHASE 2: UNLOCK FAT									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
___:___ am/pm WEDNESDAY	_____	___:___ am/pm P2 PROTEIN P2 VEGGIE	___:___ am/pm P2 PROTEIN	___:___ am/pm P2 PROTEIN P2 VEGGIE	___:___ am/pm P2 PROTEIN	___:___ am/pm P2 PROTEIN P2 VEGGIE			
___:___ am/pm THURSDAY	_____	___:___ am/pm P2 PROTEIN P2 VEGGIE	___:___ am/pm P2 PROTEIN	___:___ am/pm P2 PROTEIN P2 VEGGIE	___:___ am/pm P2 PROTEIN	___:___ am/pm P2 PROTEIN P2 VEGGIE			

BLANK MEAL MAP, PHASE 3

PHASE 3: UNLEASH YOUR METABOLISM									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
:__am/pm FRIDAY	_____	:__am/pm P3 FRUIT P3 HEALTHY FAT/ PROTEIN P3 GRAIN P3 VEGGIE	:__am/pm P3 HEALTHY FAT/ PROTEIN P3 VEGGIE (OPTIONAL)	:__am/pm P3 HEALTHY FAT/ PROTEIN P3 VEGGIE P3 FRUIT	:__am/pm P3 VEGGIE P3 HEALTHY FAT/ PROTEIN	:__am/pm P3 HEALTHY FAT/ PROTEIN P3 VEGGIE P3 GRAIN (OPTIONAL)			
:__am/pm SATURDAY	_____	:__am/pm P3 FRUIT P3 HEALTHY FAT/ PROTEIN P3 GRAIN P3 VEGGIE	:__am/pm P3 HEALTHY FAT/ PROTEIN P3 VEGGIE (OPTIONAL)	:__am/pm P3 HEALTHY FAT/ PROTEIN P3 VEGGIE P3 FRUIT	:__am/pm P3 HEALTHY FAT/ PROTEIN P3 VEGGIE	:__am/pm P3 VEGGIE P3 HEALTHY FAT/ PROTEIN P3 GRAIN (OPTIONAL)			
:__am/pm SUNDAY	_____	:__am/pm P3 FRUIT P3 HEALTHY FAT/ PROTEIN P3 GRAIN P3 VEGGIE	:__am/pm P3 HEALTHY FAT/ PROTEIN P3 VEGGIE (OPTIONAL)	:__am/pm P3 HEALTHY FAT/ PROTEIN P3 VEGGIE P3 FRUIT	:__am/pm P3 VEGGIE P3 HEALTHY FAT/ PROTEIN	:__am/pm P3 HEALTHY FAT/ PROTEIN P3 VEGGIE P3 GRAIN (OPTIONAL)			