

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			