

Foods in your meal (eg. List your protein, carbs & fats in separate rows)	Serving Size (cups, grams, tsp etc)	Blocks		
		Protein	Carbs	Fats
PRE WORKOUT SNACK - 30 MINS BEFORE EXERCISE				
	Total Blocks:			

BREAKFAST - WITHIN 30 - 60 MINS OF WAKING				
Total Blocks:				

MID MORNING SNACK				
Total Blocks:				

LUNCH				
Total Blocks:				

AFTERNOON SNACK				
Total Blocks:				

DINNER				
Total Blocks:				

EVENING SNACK - 30 MINUTES BEFORE SLEEP				
Total Blocks:				

Foods in your meal (eg. List your protein, carbs & fats in separate rows)	Serving Size (cups, grams, tsp etc)	Blocks		
		Protein	Carbs	Fats
PRE WORKOUT SNACK - 30 MINS BEFORE EXERCISE				
	Total Blocks:			

BREAKFAST - WITHIN 30 - 60 MINS OF WAKING				
Total Blocks:				

MID MORNING SNACK				
Total Blocks:				

LUNCH				
Total Blocks:				

AFTERNOON SNACK				
Total Blocks:				

DINNER				
Total Blocks:				

EVENING SNACK - 30 MINUTES BEFORE SLEEP				
Total Blocks:				