

FOOD TRACKER

TIP

Eat every 2-3 hrs starting at breakfast and ending 2-4 hrs before bed. Remember your portion sizes!

LEGEND

LP = Lean Protein

CC = Complex Carbohydrate

HF = Healthy Fat (olive oil, flaxseed oil, etc)

Supp = Any supplement (vitamins, flax, bee pollen, etc)

	MORNING START	MIDMORNING BOOSTER	LUNCHTIME REFUEL	MIDAFTER-NOON MUNCH	DINNER DELIGHT	BEFORE BED IF HUNGRY*	HF FOR DAY
MON	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	
TUES	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	
WED	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	
THURS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	
FRI	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	
SAT	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	
SUN	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	LP CC CC SUPP DRINKS	

NOTES:

WEEKLY TREAT:

* only if you are hungry!