

Calorie Target:

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Lean Protein lean Protein OILS OR NUT BUTTER CARBOHYDRATES OILS OR NUT BUTTER CARBOHYDRATES VEGETABLES **VEGETABLES** SEEDS FRUITS **SEEDS FRUITS** DAY: DAY: #servings #servings Meal1 Meal1 Meal2 Meal2 Meal3 Meal3 Meal4 Meal4 Meal5 Meal5 Meal6 Meal6 **TOTAL TOTAL** Water Water

## Calorie Target:

CARBOHYDRATES OILS OR NUT BUTTER CARBOHYDRATES Lean Protein VEGETABLES FRUITS SEEDS VEGETABLES FRUITS SEEDS DAY: DAY: #servings #servings Meal1 Meal1 Meal2 Meal2 Meal3 Meal3 Meal4 Meal4 Meal5 Meal5 Meal6 Meal6 **TOTAL TOTAL** Water Water

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