

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
Protein							
Protein							
Carb							
Vegetable (optional)							
Fat							
<b>Lunch</b>							
Protein							
Protein							
Carb							
Vegetable							
Vegetable							
Fat							
<b>Dinner</b>							
Protein							
Protein							
Carb							
Vegetable							
Vegetable							
Fat							