



BFS Nutritional Plan



Plan	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast								
Protein								
Fruit / Vegetable								
Misc.								
Hydration								
Snack								
Protein and/or Fruit-Vegetable								
Hydration								
Lunch								
Protein								
Fruit / Vegetable								
Misc.								
Hydration								
Snack								
Protein and/or Fruit-Vegetable								
Hydration								
Snack								
Protein and/or Fruit-Vegetable								
Hydration								
Dinner								
Protein								
Fruit / Vegetable								
Misc.								
Hydration								
Snack								
Protein and/or Fruit-Vegetable								
Hydration								