



Meal Guidelines

- Eat breakfast like a king, lunch like a prince, dinner like a pauper.
- 2 1/2 - 3 1/2 hours between meals
- Meal Outline:
 - Lean Meat 5 times a day
 - Whole Grains 3 times a day
 - Veggies 4 - 6 servings a day
 - Fruit - 2 - 3 times a day
 - Cheat Meal - 1 time a week

Most people pick a Friday or Saturday night when they will most likely go out to dinner.

Happy Training!