BLANK MEAL PLAN
USE MYFITNESSPAL AS A CALORIE COUNTER GUIDE
DOCUMENT YOUR BREAKFAST LUNCH DINNER

Breakfast	**Snacks**	**Lunch**	**Dinner**
Don't Skip _____ **KEEP CARBS PER MEAL BETWEEN:30-35GRAMS** **Total carbs per day: 135-145mg** **SUGAR PER DAY: 25GRAMS SUBTRACT SUGAR FROM FRUIT**	Fruit and Protein **AM Snack** **1 Liter Water** **NUTRITIONAL INFO** Cal.____ Protein___ g Carbs____ g Fats____g Sugars___g Sodium_____mg **PM Snack** **1 Liter Water** **NUTRITIONAL INFO** Cal.____ Protein____g Carbs_____g Fats__ Sugars____g Sodium_____mg	Biggest Meal _____ **FAT PER DAY 40-60 GRAMS** **SODIUM PER DAY 1500MG** **1 tsp of salt=1500mg** **PROTEIN PER DAY 45 GRAMS AT LEAST FOR WOMEN**	Lightest Meal _____
NUTRITIONAL INFO Cal.____ Protein____g Carbs ____g Fats____g Sugars_____g Sodium_____mg	**REMINDERS** Keep your water intake up!	**NUTRITIONAL INFO** Cal._____ Protein _____g Carbs_____g Fats _____g Sugars_____g Sodium_____mg	**NUTRITIONAL INFO** Cal. _____ Protein____ g Carbs _____g Fats _____g Sugars_____g Sodium_____ mg

Shopping List

- ☐ WATER
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐