

# FOOD AND SUPPLEMENT CHECKLIST

## WEEK 1

TIME	FOOD/SUPPLEMENTS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
6 A.M. TO 7 A.M.	MEAL 1: PRE-WORKOUT SNACK							
	SUPPLEMENTS							
8 A.M. TO 9 A.M.	MEAL 2: BREAKFAST							
	SUPPLEMENTS							
12 P.M. TO 1 P.M.	MEAL 3: LUNCH							
	SUPPLEMENTS							
3 P.M. TO 4 P.M.	MEAL 4: SNACK P.M. 1							
	SUPPLEMENTS							
6 P.M. TO 7 P.M.	MEAL 5: DINNER							
	SUPPLEMENTS							
9 P.M. TO 10 P.M.	MEAL 6: SNACK P.M. 2							
	SUPPLEMENTS							