

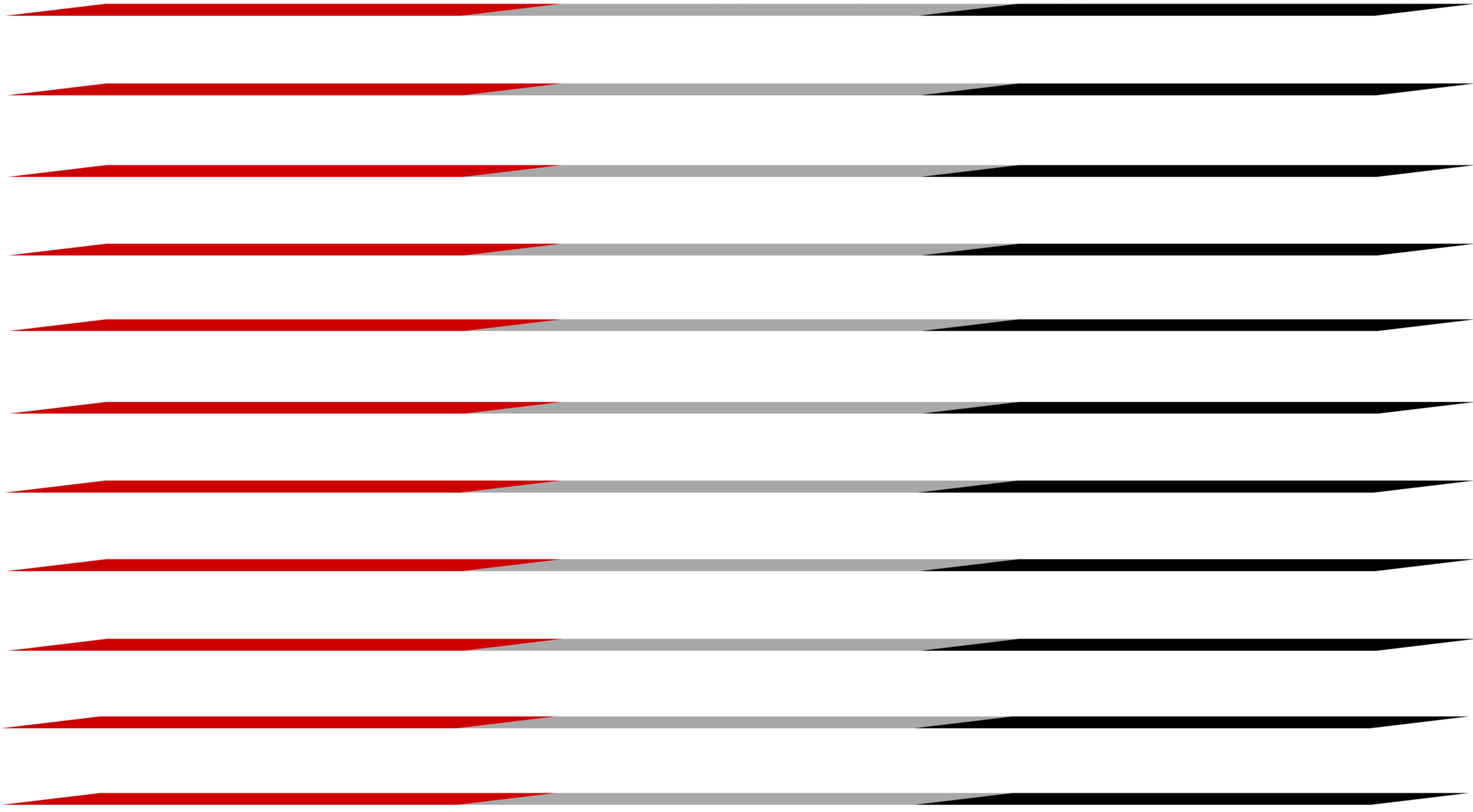
Daily Diet Structure

Having a daily routine that sets you up for success is incredibly important. In this worksheet, the goal is to come up with an approximate food intake schedule that will allow you to follow with little effort and maximum results.

Typical Daily Food Intake Schedule

In the space provided, mark down what times of the day are best to eat based around your ideal meal day.

IE - First meal 11a, I either eat 1c oatmeal, 2 scoop protein powder or 4 eggs, 6oz chicken, 3c veggies.



Off-Day Food Intake Schedule

In the space provided, mark down what times of the day are best to eat based on days that aren't so typical.

