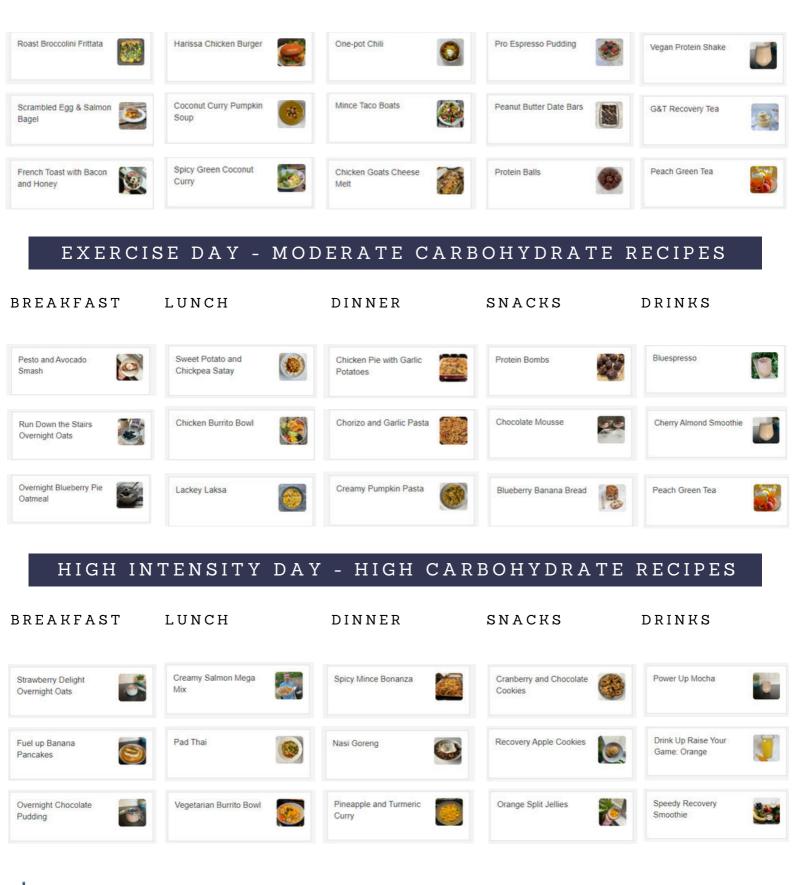
BUILD YOUR MEAL PLAN

DINNER

REST DAY - LOW CARBOHYDRATE RECIPES

SNACKS

DRINKS





BREAKFAST

LUNCH

SAMPLE SHOPPING LIST

REST DAY - LOW CARBOHYDRATE RECIPES

BREAKFAST	LUNCH	DINNER	SNACKS	DRINKS
Roast Broccolini Frittata	Harissa Chicken Burger	Mince Taco Boats	Pro Espresso Pudding	G&T Recovery Tea
	Nutrition Calories Carbohyo Protein Fat	Irates	1964 kcal 103 g 168.6 g 97.3 g	
		INGRED		•
PANTRY	FRESH		CHILLED	OTHER
Olive oil Eggs Burger buns Harissa Tortillas Sweetcorn Whey protein Cacao powde Chia seeds Honey Vanilla extra	er	ber	Chicken Minced beef Greek yoghurt Cheddar cheese Mozzarella cheese	☐ Paprika ☐ Thyme ☐ Cayenne ☐ Chilli ☐ Cumin ☐ Coriander ☐ Turmeric ☐ Basil ☐ Ginger



MEAL PLANNER & SHOPPING LIST

MONDAY					
	REST - LOW EXERCISE - MODERATE INTENSIVE - HIGH	B L D			
TUESDAY					
	REST - LOW EXERCISE - MODERATE INTENSIVE - HIGH	B L D			
WEDNESDAY					
	REST - LOW EXERCISE - MODERATE INTENSIVE - HIGH	B L D			
THURSDAY					
	REST - LOW EXERCISE - MODERATE INTENSIVE - HIGH	B L D			
FRIDAY					
	REST - LOW EXERCISE - MODERATE INTENSIVE - HIGH	B L D			
SATURDAY					
	REST - LOW EXERCISE - MODERATE INTENSIVE - HIGH	B L D			
SUNDAY					
	REST - LOW EXERCISE - MODERATE INTENSIVE - HIGH	B L D			



SHOPPING LIST

Date:

PRODUCE	CANNED GOODS
CONDIMENTS	OTHERS
FROZEN FOODS	
	DAIRY
PANTRY	

