

WEDNESDAY

THURSDAY

FRIDAY

WEEKLY MEAL PLANNER

	5:00		5:00	
	5:30		5:30	
	6:00		6:00	
	6:30		6:30	
	7:00	Apple	7:00	Apples
	7:30		7:30	
	8:00		8:00	
	8:30		8:30	
	9:00		9:00	
	9:30		9:30	
	10:00		10:00	
	10:30		10:30	
	11:00	2 Bananas	11:00	2 Bananas
	11:30		11:30	
	12:00		12:00	
	12:30		12:30	
	13:00		13:00	
	13:30		13:30	
	14:00		14:00	
	14:30		14:30	
Chicken breast 200 g + integral rice	15:00	Chicken breast 200 g + integral rice	15:00	Fish 200g + rice
	15:30		15:30	
	16:00		16:00	
	16:30		16:30	
	17:00		17:00	
	17:30		17:30	
Protein bar	18:00	Protein bar	18:00	Low fat cheese
	18:30		18:30	
	19:00		19:00	
	19:30		19:30	
	20:00		20:00	
Chicken breast 100 g + integral bread	20:30	Tuna chunks 200g	20:30	Chicken protein
	21:00		21:00	
	21:30		21:30	
	22:00		22:00	
Post workout protein bar	22:30		22:30	Post workout protein
	23:00		23:00	
	23:30		23:30	
	0:00		0:00	