inspire

CARB ..... • PROTEIN ..... • FAT ..... **DATE** ..... WEEK .....

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
SNACK							
WATER	◯ 1L ◯ 3L ◯ 2L ◯ 4L	◯ 1L ◯ 3L ◯ 2L ◯ 4L	◯ 1L ◯ 3L ◯ 2L ◯ 4L	◯ 1L ◯ 3L ◯ 2L ◯ 4L	◯ 1L ◯ 3L ◯ 2L ◯ 4L	◯ 1L ◯ 3L ◯ 2L ◯ 4L	◯ 1L ◯ 3L ◯ 2L ◯ 4L
EXERCISE							
C • P • F	C P F	C P F	C P F	C P F	C P F	C P F	C P F