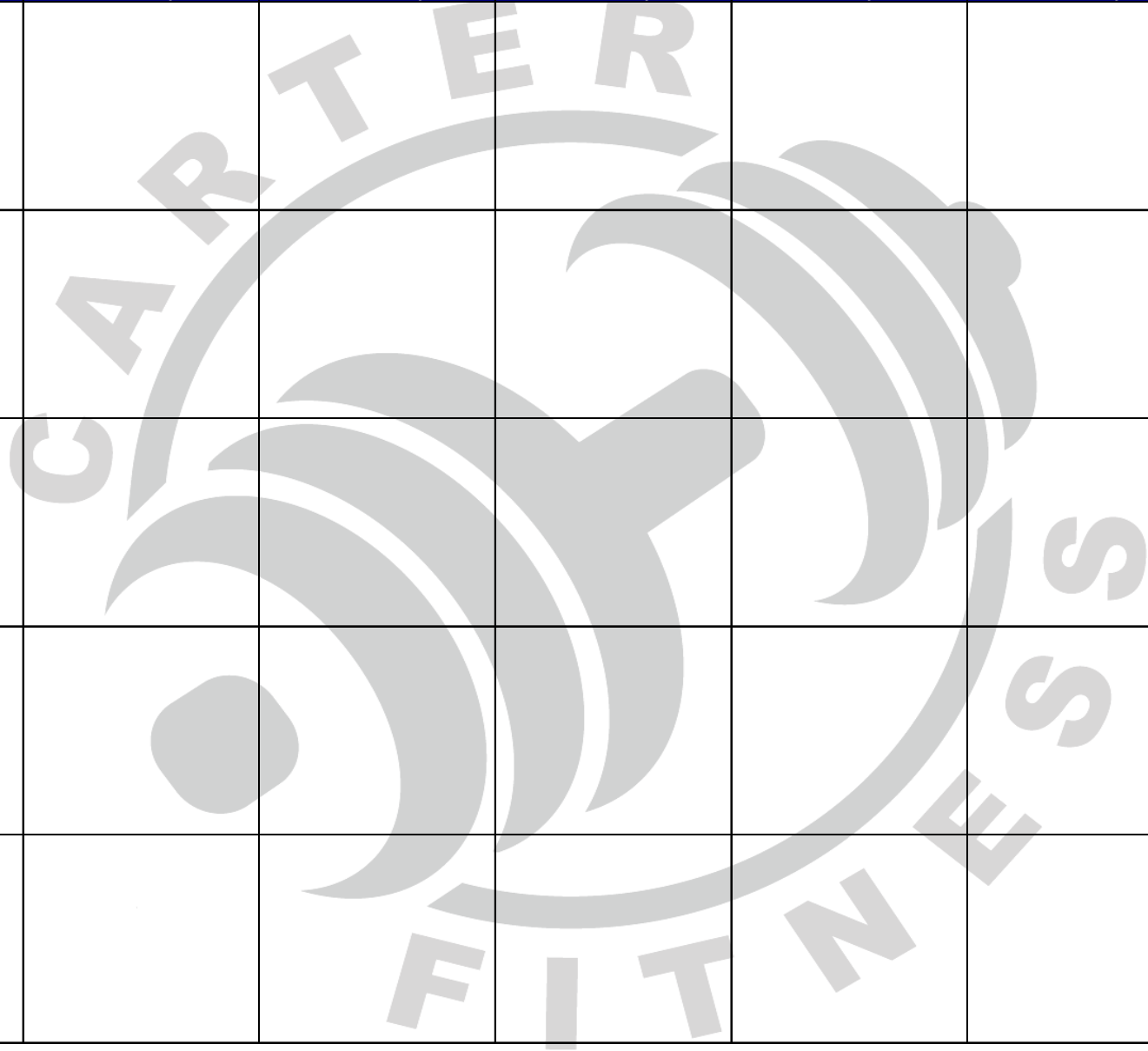


Food Journal

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Mid-Morning Snack							
Lunch							
Mid-Afternoon Snack							
Dinner							



- 5 Simple Rules of Nutrition:**
1. Eat every 2-3 hours
 2. Eat lean protein at every meal and snack
 3. Eat "other" carbs (non-fruit / veggie) only within 3 hours post-workout
 4. Drink 96 oz water per day (that's 12 glasses)
 5. Eat the right foods at the right times