

Sample Food Plan



Time	Meal	Quantity and type of food	Desired feeling
7 am	High GI hit	1/2 cup watermelon, pineapple and/or cantaloupe	Bouncing out of bed
7:20 am	Pre exercise snack	1 apple, 2 strawberries, kiwi fruit or grapes	High energy
8:30 am	Post exercise high GI	1/2 cup watermelon, pineapple and/or cantaloupe	Energized & hungry
8:50 am	Breakfast	1 medium bowl of natural muesli, fresh fruit and Jalna yoghurt	Ready to rock!
11am	Snack	1 piece fruit, handful nuts & seeds, protein bar and/or yoghurt	Fantastic
1pm	Lunch	Tuna salad with sweet potato Chicken and salad wrap	Motivated and productive
3:30pm	Snack	As morning snack	Powering through the afternoon
6pm	Dinner	Grilled fish and salad, stfry with vegetables,	Alert
7pm	Dessert	Whatever I want (2 x weekly)	Satisfied and happy

Your Food Plan



Time	Meal	Quantity and type of food	Desired feeling
	Meal 1		
	Meal 2		
	Meal 3		
	Meal 4		
	Meal 5		
	Meal 6		
	Meal 7		
	Meal 8		