

# FOOD GAME PLAN

## BREAKFAST OPTIONS

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## LUNCH OPTIONS

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## DINNER OPTIONS

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## SNACK OPTIONS

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## KEY PRINCIPLES

- Eat every 3-5 hrs during waking hours**
- Adequate protein throughout the day**
- Quality food choices to meet micronutrients**
- Plan out your food the night prior for next day**
- Stick with your food plan**
- Address emotions maturely, without food**

## KEY NUMBERS

**CALORIES:**  
**PROTEIN:**

## GOAL & TIMELINE

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