## Cheatography

## Weekly Diet Cheat Sheet by hwillis39 via cheatography.com/36046/cs/11342/

Meal Frequency			Pre Workout Breakfast	Cream Cheese Bagel
Morning Training	Midday Training	EveningTr aining	Banana & Coffee with milk	1 pack of smoked salmon 1 bagel
Meal 1- 06:00	Meal 1- 09:00	Meal 1- 09:30	Breakfast	Spread of cream cheese Chives
Training	Meal 2- 11:00	Meal 2- 12:30	Scrambled Eggs and Toast	Pancakes
Meal 2- 09:00	Training	Meal 3- 16:00	2 Scrambled Eggs Slice of whole wheat bread Spread of butter Bacon or Prosciutto Ham	Banana     Eggs     The coconut flour     Toog frozen blueberries
Meal 3- 12:30	Meal 3- 14:00	Training		
Meal 4- 18:00	Meal 4- 18:00	Meal 4- 19:00	Protein Porriage	French Toast
Meal 5- 21:00	Meal 5- 21:00	Meal 5- 23:00	Porriade Serving Choco Powder Honey	2 Slices Wholemeal Bread 2 Eggs 3 Slices Bacon Honey Chocolate Sauce
			Can add protein powder and frozen raspberries after a training session	



By hwillis39

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