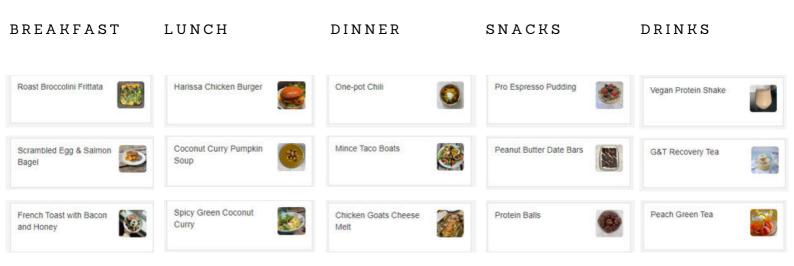
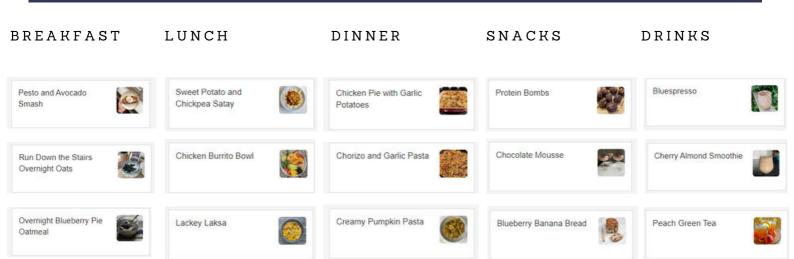
BUILD YOUR MEAL PLAN

REST DAY - LOW CARBOHYDRATE RECIPES



EXERCISE DAY - MODERATE CARBOHYDRATE RECIPES



HIGH INTENSITY DAY - HIGH CARBOHYDRATE RECIPES

SNACKS

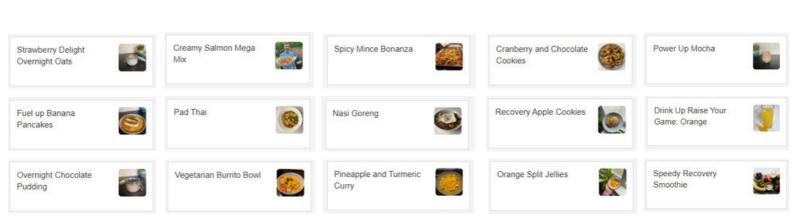
DRINKS

DINNER

BREAKFAST

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LUNCH







MEAL PLANNER & SHOPPING LIST

	MONDAY			
	REST - LOW EXERCISE - MODERATE INTENSIVE - HIGH	B L D		
		TUESDAY		
	REST - LOW EXERCISE - MODERATE INTENSIVE - HIGH	B L D		
	١	WEDNESDAY		
	REST - LOW EXERCISE - MODERATE INTENSIVE - HIGH	B L D		
		THURSDAY		
	REST - LOW EXERCISE - MODERATE INTENSIVE - HIGH	B L D		
		FRIDAY		
	REST - LOW EXERCISE - MODERATE INTENSIVE - HIGH	B L D SATURDAY		
	REST - LOW EXERCISE - MODERATE INTENSIVE - HIGH	B L D		
SUNDAY				
	REST - LOW EXERCISE - MODERATE INTENSIVE - HIGH	B L D		

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SHOPPING LIST

Date :

PRO	DUCE		
		 	-
		 	-

CANNED	GOODS
	UUUUUU

CONDIMENTS

FROZEN FOODS

PANTRY

OTH	OTHERS			

DAIRY