



LION'S HEART™

# MY IDEAL MEALS WEEK

Use this chart to brainstorm what a typical week could start to look like using your ideal dietary strategy. Once you've successfully completed the week, tweak as needed to make your diet work the best it can for you.

	BREAKFAST	LUNCH	DINNER	SNACK 1	SNACK 2	DAILY TOTALS	
MON	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	CARBS <input type="text"/> FIBER <input type="text"/> PROTEIN <input type="text"/> FAT <input type="text"/>
TUE	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	CARBS <input type="text"/> FIBER <input type="text"/> PROTEIN <input type="text"/> FAT <input type="text"/>
WED	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	CARBS <input type="text"/> FIBER <input type="text"/> PROTEIN <input type="text"/> FAT <input type="text"/>
THU	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	CARBS <input type="text"/> FIBER <input type="text"/> PROTEIN <input type="text"/> FAT <input type="text"/>
FRI	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	CARBS <input type="text"/> FIBER <input type="text"/> PROTEIN <input type="text"/> FAT <input type="text"/>
SAT	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	CARBS <input type="text"/> FIBER <input type="text"/> PROTEIN <input type="text"/> FAT <input type="text"/>
SUN	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	<div style="display: flex; justify-content: space-between;"> <span>CB</span> <span>FB</span> <span>PR</span> <span>FT</span> </div>	CARBS <input type="text"/> FIBER <input type="text"/> PROTEIN <input type="text"/> FAT <input type="text"/>