

## 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 |
|-----|-----------|----|----|----|-------|----|----|----|--------|----|----|----|---------|----|----|----|---------|----|----|----|---------|--------|
|     |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | CARBS   |        |
| MON |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | FIBER   |        |
| Σ   |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | PROTEIN |        |
|     | СВ        | FB | PR | FT | СВ    | FB | PR | FT | СВ     | FB | PR | FT | СВ      | FB | PR | FT | СВ      | FB | PR | FT | FAT     |        |
|     |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | CARBS   |        |
| TUE |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | FIBER   |        |
| Ē   |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | PROTEIN |        |
|     | СВ        | FB | PR | FT | СВ    | FB | PR | FT | СВ     | FB | PR | FT | СВ      | FB | PR | FT | СВ      | FB | PR | FT | FAT     |        |
| WED |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | CARBS   |        |
|     |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | FIBER   |        |
|     |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | PROTEIN |        |
|     | СВ        | FB | PR | FT | СВ    | FB | PR | FT | СВ     | FB | PR | FT | СВ      | FB | PR | FT | СВ      | FB | PR | FT | FAT     |        |
|     |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | CARBS   |        |
| ₽   |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | FIBER   |        |
| THU |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | PROTEIN |        |
|     | СВ        | FB | PR | FT | СВ    | FB | PR | FT | СВ     | FB | PR | FT | СВ      | FB | PR | FT | СВ      | FB | PR | FT | FAT     |        |
| FRI |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | CARBS   |        |
|     |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | FIBER   |        |
|     |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | PROTEIN |        |
|     | СВ        | FB | PR | FT | СВ    | FB | PR | FT | СВ     | FB | PR | FT | СВ      | FB | PR | FT | СВ      | FB | PR | FT | FAT     |        |
|     |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | CARBS   |        |
| F   |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | FIBER   |        |
| SAT |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | PROTEIN |        |
|     | СВ        | FB | PR | FT | СВ    | FB | PR | FT | СВ     | FB | PR | FT | СВ      | FB | PR | FT | СВ      | FB | PR | FT | FAT     |        |
| z   |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | CARBS   |        |
|     |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | FIBER   |        |
| SUN |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    | PROTEIN |        |
|     | СВ        | FB | PR | FT | СВ    | FB | PR | FT | СВ     | FB | PR | FT | СВ      | FB | PR | FT | СВ      | FB | PR | FT | FAT     |        |
|     |           |    |    |    |       |    |    |    |        |    |    |    |         |    |    |    |         |    |    |    |         |        |

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