

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	
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