

## 1200-1399 CALORIE PIYO MEAL PLAN

PLAN IT OUT!	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>							
LEAN PROTEIN							
FRESH FRUIT							
<b>SNACK</b>							
PRIMARY VEGETABLE							
<b>LUNCH</b>							
LEAN PROTEIN							
FRESH FRUIT							
PRIMARY VEGETABLE							
HEALTHY FAT							
<b>SNACK</b>							
LEAN PROTEIN							
SEC. VEG/GRAIN							
<b>DINNER</b>							
LEAN PROTEIN							
PRIMARY VEGETABLE							
HEALTHY FAT							
<b>SNACK</b>							
SEC. VEG/GRAIN							
HEALTHY FAT							