

1400-1599 CALORIE PiYo MEAL PLAN

PLAN IT OUT!	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LEAN PROTEIN							
FRESH FRUIT							
SEC. VEG/GRAIN							
SNACK							
PRIMARY VEG							
LUNCH							
LEAN PROTEIN							
FRESH FRUIT							
PRIMARY VEG							
HEALTHY FAT							
SNACK							
LEAN PROTEIN							
PRIMARY VEG							
HEALTHY FAT							
DINNER							
LEAN PROTEIN							
PRIMARY VEG X 2							
HEALTHY FAT							
SNACK							
SEC. VEG/GRAIN							
HEALTHY FAT							