

# 1800+ CALORIE PiYo MEAL PLAN

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