



<b>Bodyweight/Meal</b>	<b>151-170 pounds</b>	<b>171-180 pounds</b>	<b>181-195 pounds</b>	<b>196+ pounds</b>
<b>Breakfast</b>	1 protein 2 carbs 1 fat 1 fruit	1 protein 2 carbs 1 fat 1 fruit	2 protein 2 carbs 1 fat 1 fruit	2 protein 2 carbs 1 fat 1 fruit
<b>Midmorning</b>	1 protein 1 carb 1 fat	1 protein 1 carb 1 fruit 1 fat	1 protein 1 carb 1 fruit 1 fat	1 protein 1 carb 1 fruit 1 fat
<b>Lunch</b>	2 protein 2 carb 1 vegetable 1 fat	2 protein 2 carb 1 vegetable 1 fat	2 protein 2 carb 1 vegetable 1 fat	2 protein 2 carb 1 vegetable 1 fat
<b>Mid-Afternoon</b>	1 protein 1 carb or fat	1 protein 1 carb 1 fat	1 protein 1 carb 1 fat	1 protein 1 carb 1 fat
<b>Dinner</b>	2 protein 1 carb 1 fat 2 vegetables	2 protein 1 carb 1 fat 2 vegetables	2 protein 1 carb 2 fat 2 vegetables	2 protein 2 carb 2 fat 2 vegetables
<b>Before Bed</b>	1 protein 1 fat	1 protein 1 fat	1 protein 1 fat	1 protein 2 fat