



Meal Schedule

This is how your eating pattern should look like every day. 3 regular meals (breakfast, lunch, dinner) and snack (smaller) meals. Make sure the appropriate amounts of proteins and calories from complex carbohydrates (starches) are followed as recommended. Refer to the StrongSleekFit!™ Diet Food List to select your foods.

Meal 1 (Breakfast)

- Complex Carbohydrates
- Protein
- Fruit (if recommended)

Meal 2 (mid-day)

- Healthy snack
- And/or Protein

Meal 3 (lunch)

- Lean protein food
- Large Green salad or mixed green veggies
- Fruit (if recommended)

Meal 4 (mid-afternoon)

- Healthy snack
- And/or Protein

Meal 5 (dinner)

- Lean protein food: steak, fish, poultry, or other.
- Green vegetables
- Fruit (if recommended)

Meal 6 (before bedtime)

- Healthy snack
- And/or Protein