

# My Daily Plan

Note: Reminder, exercise window is 3 hours from the start of your workout.

	MEAL TYPE	TIME OF DAY	METABOLICALLY PRECISE CHOICE
MEAL 1	Breakfast	6:30am	BM Quick Omelette 1/2 serve (per recipe) + 1tbsp flaxseed oil. Coffee with a dash skim milk
MEAL 2	Post-Workout 1 (workout @ 8:30am)	9:30am	BM Mango & Banana smoothie + 1/4 cup rolled oats
MEAL 3	Post-Workout 2 within 3rd hour	11:30am	1 serve BM sweet chilli salmon on a wolemeal mountain bread wrap with lettuce, 1/4 avocado, 1/2 tomato, 1/3 cucumber. (extra cooked from non-exercise day) Chai tea
MEAL 4	Snack	3pm	BM Berry espresso treat
MEAL 5	Dinner	6pm	BM Healthy Butter Chicken and 1 cup cucumber tomato salad with 1tbsp ground flaxseed Diet cordial (Diet right) and soda water
MEAL 6	Dessert	9pm	1 serve Pear and Berry Crumble with 200g chobani 0% yoghurt + 1tbsp ground flaxseed. Green Tea