

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 Coffee with a dash milk
MEAL 2	Post-Workout 1 (workout @ 8:30am)	9:30am	BM Mango & Banana smoothie + oats
MEAL 3	Post-Workout 2	11:30am	BM sweet chilli salmon on a wrap with lettuce, avocado, tomato, 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 cucumber tomato salad Diet cordial and soda water
MEAL 6	Dessert	9pm	Pear and Berry Crumble with yoghurt