

# Critical Reload Weekly Meal Planner

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	time	time	time	time	time	time	time
<b>1. BREAKFAST</b>							
<i>2. Snack</i>							
<b>3. LUNCH</b>							
<i>4. Snack</i>							
<b>5. DINNER</b>							
<i>6. Snack</i>							

- Review your daily/weekly schedule and enter respective time for meals based on meal frequency guidelines and schedule availability.
- Once your daily/weekly meal schedule is determined, enter and label each respective meal times into your smart phone's alarm app. Alarms will serve as daily/weekly reminders of when to eat so you don't forget.
- By meal planning, you strategically ensure an energy balance that will:
  - ✓ Help keep blood sugar levels stable that can assist in keeping your mood and energy levels better.
  - ✓ Keep you fueled adequately for practices, lifts, film, class, and games.
  - ✓ Assist your body with continued recovery from workouts – it's not all about what you have RIGHT after a workout...recovery continues for the next 24-48 hours, so be sure you're giving your body the nutrients it needs DAILY!
  - ✓ Nutrient timing = breakfast, well-timed snacks, and quality lunches/dinners.

