



# Optimal Meal Timings & Portions



## Friday

## Saturday

## Sunday

	6:30 am* Energizing Morning Smoothie (4 oz women, 6 oz men)	6:30 am* Energizing Morning Smoothie (4 oz women, 6 oz men)
	8:15 am Balanced Breakfast: Shakshuka with Sprouted Bread (1 serving)	8:15 am Balanced Breakfast: Warm Buckwheat Bowl with Fruit and Nut Butter (1 serving)
	10:30 am Morning Snack: 1 apple and 2 Tbsp. of raw almonds (about 10-12)	10:30 am Morning Snack: ½ banana and 2 Tbsp. of raw almonds (about 10-12) *
	12:30 pm Healthful Lunch: Spaghetti Squash & Chicken Salad with Nut Butter Vinaigrette (1 serving)	12:30 pm Healthful Lunch: Beef and Black Bean Chili (1.5 C women, 2 C men)
	3:00 pm Afternoon snack: 2 Tbsp. of hummus 1/3 cup sliced carrots & sliced cucumber	3:00 pm Afternoon snack: 2 Tbsp. of hummus and 1/3 cup snap peas & cherry tomatoes
5:30 pm Nutritious Dinner: Tomato Braised Chicken Thighs with Spaghetti Squash & Baby Green Salad with Nut butter Vinaigrette (1 serving)	5:30 pm Nutritious Dinner: Coconut Curry Shrimp with Buckwheat and Cabbage Slaw with Lemon Vinaigrette (1 serving)	

\* consume within 30 minutes of waking. 6:30 am is a suggested time to showcase proper meal timing