

If You Train @ 6am Before Breakfast - MWF

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Breky+Carbs	Breky	Breky+Carbs	Breky	Breky+Carbs	Breky	Breky
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

If You Train @ 6am Before Breakfast - TuThF

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Breky	Breky+Carbs	Breky	Breky+Carbs	Breky+Carbs	Breky	Breky
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

*Another option you have with training before breakfast is to have a Protein + Carbs shake immediately after your workout. You would then go and have a normal breakfast without Carbs once you are ready. As I know many people are limited in their time as it is, simply eating a Protein + Carbs breakfast will be just as good, sometime better.

making-your-own-meal-plan-

If You Train @ 930am - MWF

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Breky	Breky	Breky	Breky	Breky	Breky	Breky
Post W/O Snack	Protein + Carbs		Protein + Carbs		Protein + Carbs		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

**Once you finish your workout at 930 having a Protein + Carbs shake immediately after will be your best bet. Follow it up with a regular lunch and your food for the day will be on track to be spot on.

If You Train @ 6pm - MWTh

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Breky	Breky	Breky	Breky	Breky	Breky	Breky
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner + Carbs	Dinner	Dinner + Carbs	Dinner + Carbs	Dinner	Dinner	Dinner

*** Once again you have the option to have a Protein + Carbs shake immediately after your workout. It may give you an edge. But if you are going home to dinner + carbs you will gain the same effect anyway. The choice is yours.