

# MEAL DESIGN WORKSHEET

Use this worksheet and the Reference Food List found in the Rock It Nutrition Handbooks to personalize the Foundational Meal Design. Utilize the forums and chat for help.

Meal/Snack/Workout Time	Carbs (g)	Pro (g)	Food Choices - Protein	Food Choices - Grains	Food Choices – Fruits & Veggies	Food Choices - Dairy

Example:

Meal/Snack/Workout Time	Carbs (g)	Pro (g)	Food Choices - Protein	Food Choices - Grains	Food Choices – Fruits & Veggies	Food Choices - Dairy
6:30 am – BREAKFAST	45	30	1	2		1
11:00 am – LUNCH	45	30	1	1	1.5 NSV	1
1:30 pm – RECOVERY	30	20	1		1	
3:30 pm – SNACK						
6:00 pm - DINNER	45	30	1.5		1 NSV/1 S	1

NSV = non starchy vegetable

SV = starchy vegetables

