

## Competition-\_\_\_\_\_

Absolutely do not eat: Bread, processed food in a box (gold fish, gummies, cheese its), chips, pastries, cakes, little debbie, candy of any kind, Frapps, Dunkin. Stay completely away from sugar unless it is in the raw and it is very little.

Fair Game: Unsweet tea, coffee, any vegetable, any fruit (size of fist only), salads (Little dressing). Life or Bai water, kill cliff, fit aid, water, nuts, peanut butter

Do not deviate or skip a meal!! Choose and foods from Zone sheet. Go to @fuelthefire1st for recipies-on Instagram and Facebook

	Athlete 1	Athlete 2	Athlete 3
<b>Sun</b>			
	Breakfast		
	Lunch		
	Snack		
	Dinner		
	Snack		
<b>Mon</b>			
	Breakfast		
	Lunch		
	snack		
	Dinner		
	snack		
<b>Tue</b>			
	Breakfast		
	Lunch		
	snack		
	Dinner		
	snack		
<b>Wed</b>			
	Breakfast		
	Lunch		
	snack		
	Dinner		
	snack		
<b>Thur</b>			
	Breakfast		
	Lunch		
	snack		
	Dinner		
	snack		
	keep drinking 4 12 oz bottles of water a day		
<b>Fri</b>			
	Breakfast		
	Lunch		
	snack		
	Dinner		
	snack		
<b>Sat</b>			
	Breakfast		
	Lunch		

snack			
Dinner			
snack			

Follow trainers lifting schedule throughout week

If you are needing to drop weight, you still eat 5 times a day, just start cutting portions down and in 1/2 as you get closer to weigh in.

