



**STRONG. CONFIDENT. LIVING.**

### Simple 6 Meal Plan

MEAL:	TIME
SNACK:	TIME
MEAL:	TIME
SNACK:	TIME
MEAL:	TIME
SNACK:	TIME:
FITNESS GOAL:	TIME:

**Sample Meal Plan:**

Meal: Isalean Shake 9AM

Snack: (choose 1) Apples and peanut butter, almonds, 11AM

Meal: ½ plate veggie, ¼ plate protein, ¼ plate complex carb, splash of healthy fat 1PM

Snack: Isalean Shake or Isalean Bar (if going out to dinner, have this 1 hour before!) 3PM

Meal: Same percentage as lunch 5PM

Snack: Bedtime Belly Buster (within 30 min of bedtime)

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