

13 BLOCK DIET

| | Breakfast | | | Lunch | | | Snack | | Dinner | | | Snack | |
|---------|-----------|---|---|-------|---|---|-------|---|--------|---|---|-------|---|
| Protein | P | P | P | P | P | P | P | P | P | P | P | P | P |
| Carb | C | C | C | C | C | C | C | C | C | C | C | C | C |
| Fat | F | F | F | F | F | F | F | F | F | F | F | F | F |
| Water | W | W | W | W | W | W | W | W | W | W | W | W | W |

| ACTIVITY | | | | | | | | TIME | | | | | |
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| | Breakfast | | | Lunch | | | Snack | | Dinner | | | Snack | |
|---------|-----------|---|---|-------|---|---|-------|---|--------|---|---|-------|---|
| Protein | P | P | P | P | P | P | P | P | P | P | P | P | P |
| Carb | C | C | C | C | C | C | C | C | C | C | C | C | C |
| Fat | F | F | F | F | F | F | F | F | F | F | F | F | F |
| Water | W | W | W | W | W | W | W | W | W | W | W | W | W |

| ACTIVITY | | | | | | | | TIME | | | | | |
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|---------|-----------|---|---|-------|---|---|-------|---|--------|---|---|-------|---|
| Protein | P | P | P | P | P | P | P | P | P | P | P | P | P |
| Carb | C | C | C | C | C | C | C | C | C | C | C | C | C |
| Fat | F | F | F | F | F | F | F | F | F | F | F | F | F |
| Water | W | W | W | W | W | W | W | W | W | W | W | W | W |

| ACTIVITY | | | | | | | | TIME | | | | | |
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|---------|-----------|---|---|-------|---|---|-------|---|--------|---|---|-------|---|
| Protein | P | P | P | P | P | P | P | P | P | P | P | P | P |
| Carb | C | C | C | C | C | C | C | C | C | C | C | C | C |
| Fat | F | F | F | F | F | F | F | F | F | F | F | F | F |
| Water | W | W | W | W | W | W | W | W | W | W | W | W | W |

| ACTIVITY | | | | | | | | TIME | | | | | |
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| Protein | P | P | P | P | P | P | P | P | P | P | P | P | P |
| Carb | C | C | C | C | C | C | C | C | C | C | C | C | C |
| Fat | F | F | F | F | F | F | F | F | F | F | F | F | F |
| Water | W | W | W | W | W | W | W | W | W | W | W | W | W |

| ACTIVITY | | | | | | | | TIME | | | | | |
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| Protein | P | P | P | P | P | P | P | P | P | P | P | P | P |
| Carb | C | C | C | C | C | C | C | C | C | C | C | C | C |
| Fat | F | F | F | F | F | F | F | F | F | F | F | F | F |
| Water | W | W | W | W | W | W | W | W | W | W | W | W | W |

| ACTIVITY | | | | | | | | TIME | | | | | |
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| Protein | P | P | P | P | P | P | P | P | P | P | P | P | P |
| Carb | C | C | C | C | C | C | C | C | C | C | C | C | C |
| Fat | F | F | F | F | F | F | F | F | F | F | F | F | F |
| Water | W | W | W | W | W | W | W | W | W | W | W | W | W |

| ACTIVITY | | | | | | | | TIME | | | | | |
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