



# 16 BLOCK DIET

375 E. Warner Rd. #3  
Chandler, AZ 85225  
480.899.3343

	Breakfast				Lunch				Snack		Dinner					
Protein	P	P	P	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	C	C	C
Fat	F	F	F	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	W	W	W

ACTIVITY										TIME					

	Breakfast				Lunch				Snack		Dinner				Snack	
Protein	P	P	P	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	C	C	C
Fat	F	F	F	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	W	W	W

ACTIVITY										TIME					

	Breakfast				Lunch				Snack		Dinner				Snack	
Protein	P	P	P	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	C	C	C
Fat	F	F	F	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	W	W	W

ACTIVITY										TIME					

	Breakfast				Lunch				Snack		Dinner				Snack	
Protein	P	P	P	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	C	C	C
Fat	F	F	F	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	W	W	W

ACTIVITY										TIME					

	Breakfast				Lunch				Snack		Dinner				Snack	
Protein	P	P	P	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	C	C	C
Fat	F	F	F	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	W	W	W

ACTIVITY										TIME					

	Breakfast				Lunch				Snack		Dinner				Snack	
Protein	P	P	P	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	C	C	C
Fat	F	F	F	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	W	W	W

ACTIVITY										TIME					

	Breakfast				Lunch				Snack		Dinner				Snack	
Protein	P	P	P	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	C	C	C
Fat	F	F	F	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	W	W	W

ACTIVITY										TIME					