



17 BLOCK DIET

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

MONDAY	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	C
Fat	F	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	W

ACTIVITY											TIME						

TUESDAY	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	C
Fat	F	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	W

ACTIVITY											TIME						

WEDNESDAY	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	C
Fat	F	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	W

ACTIVITY											TIME						

THURSDAY	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	C
Fat	F	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	W

ACTIVITY											TIME						

FRIDAY	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	C
Fat	F	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	W

ACTIVITY											TIME						

SATURDAY	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	C
Fat	F	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	W

ACTIVITY											TIME						

SUNDAY	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	C
Fat	F	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	W

ACTIVITY											TIME						