



# 19 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	P	P
Carb	C	C	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	F	F
Water	W	W	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	P	P
Carb	C	C	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	F	F
Water	W	W	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	P	P
Carb	C	C	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	F	F
Water	W	W	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	P	P
Carb	C	C	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	F	F
Water	W	W	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	P	P
Carb	C	C	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	F	F
Water	W	W	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	P	P
Carb	C	C	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	F	F
Water	W	W	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	P	P
Carb	C	C	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	F	F
Water	W	W	W	W	W	W	W	W	W	W	W	W	W	W	W	W	W	W	W

ACTIVITY											TIME								