



# 21 BLOCK DIET

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

<b>MONDAY</b>	Breakfast					Lunch					Snack			Dinner					Snack			
	Protein	P	P	P	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	C	C
	Fat	F	F	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	W	W

ACTIVITY												TIME									

<b>TUESDAY</b>	Breakfast					Lunch					Snack			Dinner					Snack			
	Protein	P	P	P	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	C	C
	Fat	F	F	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	W	W

ACTIVITY												TIME									

<b>WEDNESDAY</b>	Breakfast					Lunch					Snack			Dinner					Snack			
	Protein	P	P	P	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	C	C
	Fat	F	F	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	W	W

ACTIVITY												TIME									

<b>THURSDAY</b>	Breakfast					Lunch					Snack			Dinner					Snack			
	Protein	P	P	P	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	C	C
	Fat	F	F	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	W	W

ACTIVITY												TIME									

<b>FRIDAY</b>	Breakfast					Lunch					Snack			Dinner					Snack			
	Protein	P	P	P	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	C	C
	Fat	F	F	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	W	W

ACTIVITY												TIME									

<b>SATURDAY</b>	Breakfast					Lunch					Snack			Dinner					Snack			
	Protein	P	P	P	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	C	C
	Fat	F	F	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	W	W

ACTIVITY												TIME									

<b>SUNDAY</b>	Breakfast					Lunch					Snack			Dinner					Snack			
	Protein	P	P	P	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	C	C
	Fat	F	F	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	W	W

ACTIVITY												TIME									