



Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Upon Rising	Hot water with lemon or glass of water	Hot water with lemon or glass of water	Hot water with lemon or glass of water	Hot water with lemon or glass of water	Hot water with lemon or glass of water	Hot water with lemon or glass of water	Hot water with lemon or glass of water
Breakfast - eat within 1/2 hour of rising							
Snack - 2 - 2 1/2 hours after breakfast							
Lunch - 2 - 2 1/2 hours after snack							
Snack - 2 hrs after lunch							
Dinner - 2 to 3 hours after snack							
Prepare for tomorrow notes							

For stress free meal planning visit www.sprouright.com for specific meal plans for the whole family.



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