

Meal	Beginner/Feeling Good	Looking Great	Master
Breakfast	3 Fruits 1 NM-Protein	1 Large Fruit 1 NM-Protein	1 Large Fruit
Snack	1 Large Fruit	1 Fruit	1 NM-Protein
<b>Total</b>	<b>600</b>		
Lunch	3 Veggies 1 Protein 1 Carb	3 Veggies 1 Protein/Carb	3 Veggies 1 P/C
Cheat	Whatever (M/W/S/S)	Whatever (M/W/S/S)	Whatever (M/W/S/S)
<b>Total</b>	<b>500</b>		
Dinner	Salad 1 NM-Protein 1 Fruit	Salad 1 Large Fruit	Salad 1 Fruit
<b>Total</b>	<b>700</b>		

**Total: 1800**