

Three Day Carb Loading Plan

Meal plan for the week

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Wednesday	Oatmeal, berries, handful pecans, 1/4 cup granola, honey, 3 eggs	Turkey sandwich, 1 apple, 2 T. PB	Chicken salad, 1 cup rice, advacado	1/3 cup cottage cheese, 1/3 cup greek yogurt, honey, berries	Turkey meatball skewers, 2 dinner rolls, 1 orange
Thursday	Kodiak protein pancakes, 2 T. Honey, 3 eggs, and some fruit.	Fresh fruit, greek yogurt, granola	PB&J, turkey wrap, small fruit	Protein shake, 1 small orange	Hibachi chicken, teriyaki, sauce, cookie
Friday	Oatmeal, berries, handful pecans, 1/4 cup granola, honey, 3 eggs	1 Banana, 2 T. Peanut butter, English muffin	Spaghetti, toast with jam, chicken breast	Protein shake, optional muffin	Bolognese, chocolate, sports drink