

	MON	TUE	WED	THUR	FRI	SAT	SUN
6:30am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30am	Odwalla Bar	Odwalla Bar	Odwalla Bar	Odwalla Bar	Odwalla Bar	Odwalla Bar	Odwalla Bar
11:30am	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
2:30pm	1 Large Banana and 2 oz Pecans	Sliced Apple and Peanut Butter	Small Bunch of Grapes and 2 oz Cashews	Celery Sticks and Cream Cheese	Sliced Apple and Peanut Butter	Sliced Pear and Cheddar Cheese	Carrot Sticks and Sour Cream
5:30pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
8:30pm	Free Night	1 cup Strawberries and Whip Cream	¼ cup of Dried Cranberries and 2 oz Almonds	Free Night	1 cup Strawberries and Whip Cream	Sliced Apple and Peanut Butter	Free Night

This is a recommended eating pattern.

Try to eat a multivitamin in the morning and an amino acid supplement before going to bed.

Meals should consist of modest portions of lean protein, fruits, vegetables, starches, and some fat. You want to eat enough to encourage and sustain growth.

Snacks should be eaten between meals and should consist of fresh fruit or vegetables, when possible.

Try to minimize consumption of white bread and pastries, while increasing intake of whole grains and other starches.

Have 'Free Nights' where you allow yourself to break from the strict eating regimen.