

# Paleo Challenge June 2010

| Date:            | Breakfast | Snack   | Lunch   | Snack   | Dinner  | BONUS POINTS                    | Points Total |  |
|------------------|-----------|---------|---------|---------|---------|---------------------------------|--------------|--|
| <b>Sunday</b>    | PROTEIN   | PROTEIN | PROTEIN | PROTEIN | PROTEIN | Stretch:<br>Sleep:<br>Fish Oil: | Nutrition:   |  |
|                  | CARB      | CARB    | CARB    | CARB    | CARB    |                                 | Bonus:       |  |
|                  | FAT       | FAT     | FAT     | FAT     | FAT     |                                 | Day Total:   |  |
| <b>Monday</b>    | PROTEIN   | PROTEIN | PROTEIN | PROTEIN | PROTEIN | Stretch:<br>Sleep:<br>Fish Oil: | Nutrition:   |  |
|                  | CARB      | CARB    | CARB    | CARB    | CARB    |                                 | Bonus:       |  |
|                  | FAT       | FAT     | FAT     | FAT     | FAT     |                                 | Day Total:   |  |
| <b>Tuesday</b>   | PROTEIN   | PROTEIN | PROTEIN | PROTEIN | PROTEIN | Stretch:<br>Sleep:<br>Fish Oil: | Nutrition:   |  |
|                  | CARB      | CARB    | CARB    | CARB    | CARB    |                                 | Bonus:       |  |
|                  | FAT       | FAT     | FAT     | FAT     | FAT     |                                 | Day Total:   |  |
| <b>Wednesday</b> | PROTEIN   | PROTEIN | PROTEIN | PROTEIN | PROTEIN | Stretch:<br>Sleep:<br>Fish Oil: | Nutrition:   |  |
|                  | CARB      | CARB    | CARB    | CARB    | CARB    |                                 | Bonus:       |  |
|                  | FAT       | FAT     | FAT     | FAT     | FAT     |                                 | Day Total:   |  |
| <b>Thursday</b>  | PROTEIN   | PROTEIN | PROTEIN | PROTEIN | PROTEIN | Stretch:<br>Sleep:<br>Fish Oil: | Nutrition:   |  |
|                  | CARB      | CARB    | CARB    | CARB    | CARB    |                                 | Bonus:       |  |
|                  | FAT       | FAT     | FAT     | FAT     | FAT     |                                 | Day Total:   |  |
| <b>Friday</b>    | PROTEIN   | PROTEIN | PROTEIN | PROTEIN | PROTEIN | Stretch:<br>Sleep:<br>Fish Oil: | Nutrition:   |  |
|                  | CARB      | CARB    | CARB    | CARB    | CARB    |                                 | Bonus:       |  |
|                  | FAT       | FAT     | FAT     | FAT     | FAT     |                                 | Day Total:   |  |
| <b>Saturday</b>  | PROTEIN   | PROTEIN | PROTEIN | PROTEIN | PROTEIN | Stretch:<br>Sleep:<br>Fish Oil: | Nutrition:   |  |
|                  | CARB      | CARB    | CARB    | CARB    | CARB    |                                 | Bonus:       |  |
|                  | FAT       | FAT     | FAT     | FAT     | FAT     |                                 | Day Total:   |  |

**Key/Notes: Points for the week:**

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