



CHECKLIST

Sample: Preseason Strength Training Meal Plan Week 1

Start: Jun 06, 2020

Duration: 0

Goal: this Checklist will increase the strength of your full body during preseason training.

Description:



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Summary: 3100kcal - 3250kcal calorie per day meal plan based on 90 minutes of vigorous strength training and cardio exercise daily.

Instructions:

- Day 1
- Day 2
- Day 3
- Day 4
- Day 5
- Day 6
- Day 7

TASK 1 DURATION: 40 MINUTES | ZONE: DURING BREAKFAST | TIME:

Instructions:

Attached Navitent: [Vegetable Omelet Breakfast \(~820kcal\)](#)

- DO
- SCHEDULE

Completion: Yes NO Skip

TASK 2 DURATION: 10 MINUTES | ZONE: BEFORE LUNCH | TIME:

Instructions:

Attached Navitent: [Snack Option 1 \(~425kcal\)](#)

- DO
- SCHEDULE

Completion: Yes NO Skip

TASK 3 DURATION: 30 MINUTES | ZONE: DURING LUNCH | TIME:

Instructions:

Attached Navitent: [Salad With Pasta Lunch \(~700kcal\)](#)

- DO
- SCHEDULE

Completion: Yes NO Skip

TASK 4 DURATION: 5 MINUTES | ZONE: AFTER LUNCH | TIME:

Instructions:

Attached Navitent: [Snack Option 2 \(~300kcal\)](#)

- DO
- SCHEDULE

Completion: Yes NO Skip

TASK 5 DURATION: 60 MINUTES | ZONE: DURING DINNER | TIME:

Instructions:

Attached Navitent: [Ground Beef Taco Dinner \(~780kcal\)](#)

- DO
- SCHEDULE

Completion: Yes NO Skip

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