

CLR Food Plan

Thursday		
	Dinner	
	Snacks	
Friday		
	Breakfast	
	Lunch	
	Dinner	
	Snacks	
Saturday		
	Breakfast	

	Lunch	
	Dinner	
	Snacks	
Running		
	Post run #1	
	Post run #2	
	Post run #3	
	Electrolytes	
	Carbs	

Notes: