

Marshmallow-Matrix Meal Plan

		tägl. Portionen	tägl. Kalorien
Protein	●		x 100 kcal
RedCarbs	●		x 100 kcal
GreenCarbs	●		x 50 kcal
Fette	●		x 50 kcal
Adds	●		x 25 kcal
			=

	P	Montag	P	Dienstag	P	Mittwoch	P	Donnerstag	P	Freitag	P	Samstag	P	Sonntag
Frühstück	Protein ●													
	RedCarbs ●													
	GreenCarbs ●													
	Fette ●													
	Adds ●													

Mittagessen	Protein ●													
	RedCarbs ●													
	GreenCarbs ●													
	Fette ●													
	Adds ●													

Abendessen	Protein ●													
	RedCarbs ●													
	GreenCarbs ●													
	Fette ●													
	Adds ●													

Zwischendurch	Protein ●													
	RedCarbs ●													
	GreenCarbs ●													
	Fette ●													
	Adds ●													