

Meal Time	Food Examples
<i>Waking</i>	Water (and of course, a coffee!)
<i>Breakfast</i>	2x Sourdough, Scrambled Eggs, and Smoked Salmon
AM Training	
<i>Snack</i>	2-4 Rice Cakes with Jam, and 4-5 Dates
<i>Lunch</i>	1-2 Chicken Wraps, with Light Cheese, and a Side of Fruit
<i>Snack</i>	Rice Krispie Square
PM Training	
<i>Dinner</i>	Lamb Curry with Basmati Rice and Naan Bread
<i>Supper</i>	Bagel, Nut Butter, and Banana

Crossfit Meal Plan

Marcelle C. Dawson, Steven J. Jackson

Crossfit Meal Plan:

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