

**MEAL 1**

**MEAL 2**

**MEAL 3**

**MEAL 4**

FOOD, FLUIDS, SUPPLEMENTS.

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FOOD, FLUIDS, SUPPLEMENTS.

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FOOD, FLUIDS, SUPPLEMENTS.

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FOOD, FLUIDS, SUPPLEMENTS.

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ENERGY LEVELS, FOCUS.  
45MINS - 1 HOUR AFTER

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ENERGY LEVELS, FOCUS.  
45MINS - 1 HOUR AFTER

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ENERGY LEVELS, FOCUS.  
45MINS - 1 HOUR AFTER

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ENERGY LEVELS, FOCUS.  
45MINS - 1 HOUR AFTER

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MOOD.  
45MINS - 1 HOUR AFTER

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MOOD.  
45MINS - 1 HOUR AFTER

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MOOD.  
45MINS - 1 HOUR AFTER

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MOOD.  
45MINS - 1 HOUR AFTER

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