

Eating Schedule – Full Liquids Phase

Time	Suggested Daily Schedule
6 a.m.	Wake up. Drink water (4 oz).
6:30 a.m.	Get ready for the day.
7 a.m.	Breakfast 1-3 oz light Greek yogurt, thinned out (30 minutes).
7:30 a.m.	Drive to work.
8 a.m.	Work, drink water (8 oz. over 1 hour).
9 a.m.	Work, drink <i>protein supplement</i> (8 oz. over 1 hour).
10 a.m.	Work, drink water (8 oz. over 1 hour)
11 a.m.	Work
12 p.m.	Lunch 2-3 oz. strained cream soup with unflavored protein powder (30 min.).
12:30 p.m.	Work
1 p.m.	Work. Drink water (8 oz. over 1 hour).
2 p.m.	Work
3 p.m.	Work. Drink a <i>protein supplement</i> (8 oz. over 1 hour).
4 p.m.	Work. Drink water (8 oz. over 1 hour).
5 p.m.	Drive home.
5:30 p.m.	Dinner 2-3 oz. homemade egg drop soup (30 minutes).
6 p.m.	Relax.
6:30 p.m.	Drink water (8 oz. over 1 hour).
7:30 p.m.	Go for a walk.
8 p.m.	Drink a <i>protein supplement</i> (8 oz. over 1 hour).
9 p.m.	Drink water (4 oz. over 30 min.).
10 p.m.	Go to bed.

Now, it's your turn!

Items to include:

When do you wake up?	When do you work?
What activities/errands do you have today?	Exercise: What time, how long and what type of exercise?
When is your lunch?	Me time?
What is your hydration goal? oz/day	What is your protein goal?g/ day
oz bottles or containers /day	Protein total from shakes?g/day
	Protein total from foods?g/day

Time	Your Schedule	
Go to bed for 8 hours of sleep.		