The 4-Day Energy Experiment

Day	*Meal*	*Protein Type*	*What I Ate*	*Energy After (circle one)*	*Energy 2 Hrs Later (circle one)*
One	Breakfast	No protein		Up Down	Up Down
	Lunch	Animal or plant protein		Up Down	Up Down
	Dinner	No protein		Up Down	Up Down
Two	Breakfast	Animal or plant protein		Up Down	Up Down
	Lunch	No protein		Up Down	Up Down
	Dinner	Animal or plant protein		Up Down	Up Down
Three	Breakfast	Animal protein		Up Down	Up Down
	Lunch	Animal protein		Up Down	Up Down
	Dinner	Animal protein		Up Down	Up Down
Four	Breakfast	Plant protein		Up Down	Up Down
	Lunch	Plant protein		Up Down	Up Down
	Dinner	Plant protein		Up Down	Up Down

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Easy Meal Ideas For The 4-Day Energy Experiment

No Protein

- Breakfast
  - Coffee and a muffin
  - Hot or cold cereal
  - Toast with butter and berries
- Lunch
  - Green salad with whole grains
  - Cooked veggies with sweet potatoes
  - Veggie wrap and an apple
- Dinner
  - Veggie soup with GF cornbread
  - Baked apples, spaghetti squash and brussels sprouts
  - Pasta with marinara sauce and garlic spinach

Animal Protein

- Breakfast
  - 2 hardboiled eggs, green tea and berries
  - 3 chicken breakfast sausages and sliced apple
  - 2-3 slices turkey bacon, toast and coffee
- Lunch
  - 4-6oz chicken on a green salad with pomegranates
  - 4-6oz salmon with cooked veggies and rice
  - 4-6oz beef chili and an apple
- Dinner
  - 4-6oz lamb kabobs, rice and grilled veggies
  - 4-6oz brisket with baked onions, mushrooms and carrots
  - 4-6oz tilapia with quinoa, veggies and sliced almonds

Plant Protein

- Breakfast
  - GF Whole Grain frozen waffles with grassfed butter and blueberries
  - Toast with refried beans, avocado and sliced onion
  - Peanut butter granola, berries and tea
- Lunch
  - Thai curry with tofu and brown rice
  - Black bean soup with salad
  - Hummus, grape leaves, pita and veggies
- Dinner
  - Black bean and sweet potato soup with quinoa
  - Chick pea salad wrap with baba ganoush and tahini
  - Veggie burgers, lettuce, tomato and baked french fries

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