**Needs – A Work Diet Routine**

* A diet which provides nutrition, for health & fitness (training)
* Provides minimal preparation time
* Minimal storage and consumption time

**Plan Outline**

* Breakfast
  + Blueberry Oatmeal
  + One Piece of Fruit
* Lunch
  + O
* Snack #2 (Pre-workout)
* Snack #1 (Post-workout)
* Dinner