

# Wellness Plan

	Morning	Afternoon	Evening
hydration	Drink 16 oz of water 1 hour after you wake-up. Drink 16 oz. of water 3 hours after breakfast.	Only drink 4-8 ounces of water with any meal. Drink 16 oz of water 1 hour after lunch.	Drink 16 oz. of water 1 hour before dinner. Drink 8 oz. of water before bedtime to bring your water intake to 64 oz./day
meal plan	For breakfast, make it easy by fueling your body with a protein shake.  Choose a mid morning snack.	Eat lunch 4 hours after Breakfast. Get healthy lunch ideas <a href="#">here</a> .  Choose a mid afternoon snack.	Eat dinner 4 hours after lunch. Eat a handful of nuts after dinner to feel full. See our <a href="#">meal plans</a> for dinner ideas.
fasting	Your intermittent fasting ends at breakfast and your eating window is 8 hours.	To learn about the benefits of intermittent fasting go to this <a href="#">link</a> .	Prepare to end your eating window and go into fasting mode. Drink plenty of water and watch this <a href="#">video</a> on fasting rules.
links	For more information, go to our <a href="#">website</a> .	Check out our MELI pins on our <a href="#">Pinterest</a> page.	Download our free resources on our <a href="#">site</a> .

Wellness is the state of good mental, physical and emotional health. The MELI plan is based on your personal intention to go inward to find your optimal balance between your health and well-being. You've got this.

