

a
PRO | DEV
Session

COACH JOHANN CSCS

Quit the Binge
Meal plan template

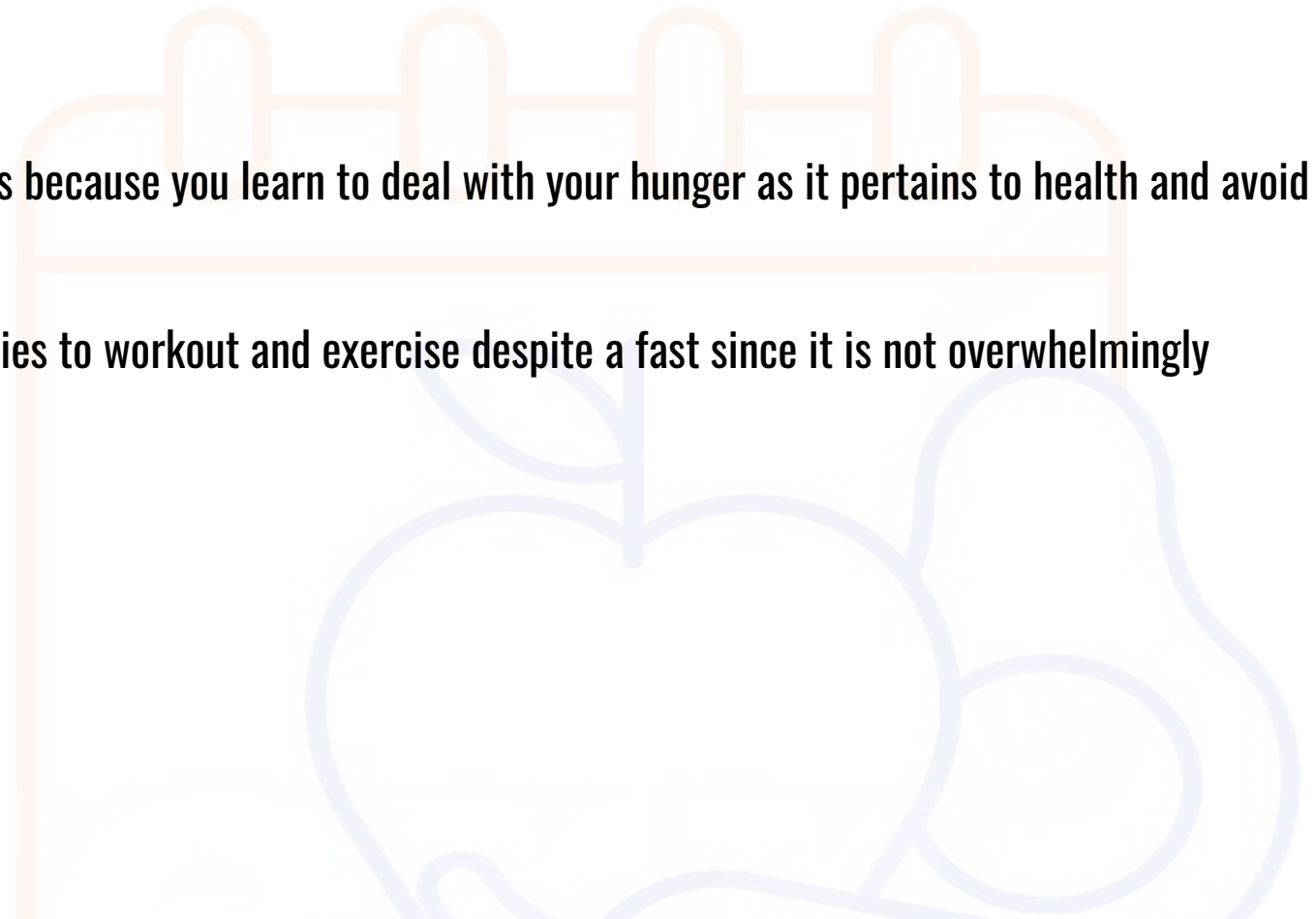
Meal planning to prevent bingeing

Main objectives

It might be beneficial for food habit and behaviors because you learn to deal with your hunger as it pertains to health and avoid the unhealthy habit of bingeing.

Furthermore, you are still afforded the opportunities to workout and exercise despite a fast since it is not overwhelmingly deleterious to your energy stores.

- Maintain ratios
- Fuel workouts and exercise
- Sleep great! 8 hours of the fast is in slumber.
- Normal calories, meal – focused, “ad-lab”



MEAL 1 - "9AM"

- 400 calories
 - Fruits
 - Protein
 - Dairy
 - Nut butter
 - Yogurt

MEAL 2 - "3PM"

- 200 calories
 - Fiber
 - Salad
 - Complex carbs
 - Salad
 - Bread
 - Veggies
 - Protein
 - Meat
 - Nuts
 - Trail Mix

MEAL 3 - "9PM"

- 500 calories
 - Balanced
 - Any lean protein
 - Complex carbs
 - Cook with seed-based oils
 - Dairy
 - Nut butter
 - Yogurt



MEAL 1 "2PM"

- 30% calories
 - If pre-workout
 - Sugars
 - Fruits
 - Light protein
 - If post workout
 - Heavier protein
 - Sugars
 - More complex carbs
 - Good protein

MEAL 2 "530PM"

- 20% calories
 - Pasta salad
 - Spinach, kale, greens, added beans and seeds
 - Pumpkin seeds
 - Cranberries
 - Soup/stew
 - Decent protein complex carbs
 - Light simple carbs

MEAL 3 "845PM"

- 50% calories
 - Balanced
 - Plenty protein
 - Complex carbs
 - Full balanced dinner
 - 2/3 protein
 - 1/3 carbs

MEAL 1 "7AM"

- 30% calories
 - If pre-workout
 - Sugars
 - Fruits
 - Light protein
 - If post workout
 - Heavier protein
 - Sugars
 - More complex carbs
 - Good protein

MEAL 2 "11N"

- 20% calories
 - Pasta salad
 - Spinach, kale, greens, added beans and seeds
 - Pumpkin seeds
 - Cranberries
 - Soup/stew
 - Decent protein
 - complex carbs
 - Light simple carbs

MEAL 3 - "3PM"

- 50% calories
 - Balanced
 - Plenty protein
 - Complex carbs
 - Full balanced dinner
 - 2/3 protein
 - 1/3 carbs

LATE "SNACK"

- Wheat germ shot!



[👉 *Intermittent fasting Breakdown*](#)

[👉 *Kettlebells workouts for Free!*](#)

