

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



40%



MEAL 1 "8AM"

- 400 calories
 - Fruits
 - Protein
 - Dairy
 - Nut butter
 - Yogurt
 - 1 blood orange

PRE WORKOUT SNACK

- 100 calories
- Trail mix with candies
- OR
- Cold pressed juice
- OR
- ¼ muffin
- Simple sugar, some protein

MEAL 2

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

MEAL 3

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



MEAL 1 "8AM"

- 400 calories
 - Fruits
 - Protein
 - Dairy
 - Nut butter
 - Yogurt
 - 1 blood orange

PRE WORKOUT SNACK

- 100 calories
- Trail mix with candies
- OR
- Cold pressed juice
- OR
- ¼ muffin
- Simple sugar, some protein

MEAL 2

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

POST-WORKOUT SNACK

- 100 calories
- PROTEIN
 - Hard boiled eggs
 - OR
 - Peanut butter
 - Salad - loaded

MEAL 3

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



60%

