

# SAMPLE MEAL PLAN

Here are my recommendations for what you should consume each day at each meal. Keep in mind that these meals should be adjusted based on your bodyweight and calorie needs. My food calculator will help you do this.

I've based this program on a person who weighs 200 pounds who wants to maximize fat loss while maintaining or increasing muscle mass. Pay close attention to the foods in this daily meal plan example, and use substitutes from the lists I've provided for each of the foods in the same category to create variety in your diet.

Meal & Timing	Food	Quantity	Calories
Upon rising/ Before cardio	Water Supplements	1/2 liter or 8-10 oz Refer to overview	
Meal 1 (Breakfast after cardio)	Egg whites Lean ground beef Red potato Whole-wheat tortilla	4 large 4 oz 4 oz 1 medium	
Meal 2	Chicken breast White rice Vegetables	6 oz 1 cup* 1 cup	
Meal 3	Chicken breast White rice Vegetables	6 oz 1 cup* 1 cup	
Pre-workout (60 minutes before)	Oatmeal Honey	1/2 cup** 1 tbsp	
Pre-workout (20-30 minutes before)	PRE-KAGED®	1 scoop	
Post-workout	Micropure® Whey Protein Isolate or RE-KAGED® Oatmeal	1 scoop 1/2 cup**	
Meal 4	Micropure® Whey Protein Isolate Bagel Peanut butter Chopped fruit	2 scoops 1 medium 1 tbsp 1 cup	
Meal 5	Ground turkey Sweet potato	6 oz* 1 cup	
Meal 6	Chicken breast Whole-wheat pasta	6 oz* 2 cups*	

\*Measured after cooking

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