

SAMPLE DIET MEAL PLAN For 1300 Calories

MEAL 1

- Egg White
- Oatmeal
- Spinach

MEAL 2

- Level 1
- Apple

MEAL 3

- Chicken
- Rice
- Broccoli

MEAL 4

- Plain Greek Yogurt
- Blueberries

MEAL 5

- Sirloin
- Red Potato
- Green Beans

POST WORKOUT

- Phormula-1
- Ignition

PROTEIN	
90%+ Lean Ground Beef	92 grams
Round Steak	83 grams
Sirloin	85 grams
Boneless Chicken Breast	122 grams
Chicken Tenderloin	115 grams
Large Egg whites	7 count
Boneless Turkey Breast	85 grams
99% lean Ground Turkey	104 grams
Level-1	1 scoop
Cod	115 grams
Tilapia	99 grams
Haddock	107 grams
Halibut	97 grams
Tuna in water drained	110 grams
Shrimp	124 grams
2% Cottage Cheese	226 grams
Plain Greek Yogurt	246 grams
Pork Tenderloin	92 grams
Pork Chop	84 grams
Bison	86 grams

CARB	
Quick Oats Dry	25 grams
Brown Rice	74 grams
White Rice	59 grams
Wild Rice	80 grams
Quinoa	80 grams
Pasta	55 grams
Whole Wheat Pasta	64 grams
Whole Wheat bread	1 slice
Strawberries	222 grams
Blueberries	117 grams
Raspberries	142 grams
Apple (medium)	1/2 count
Banana	1/2 count
Rice Cake	2 count
Sweet Potato baked	82 grams
Red Potato	87 grams
White Potato	80 grams
Cream of wheat	24 grams
Grits	21 grams

This is just a sample meal plan. You can replace any of the foods with one from the list, from the appropriate source Protein, Carb, or Vegetable.
 -Vegetables need to be eaten at 3 meals minimum.
 -Do not drink more than 3 protein shakes per day. (Use supplements to make you diet successful, don't use supplements to fully replace your diet)
 -You can workout anytime during the day, and have your Post Workout Shake immediately following. You will want to have a meal within an hour of consuming your post workout shake.
 All protein weights are listed at a cooked weight with the exceptions of Cottage Cheese, Yogurt and Tuna(canned). All Carb weights are listed as cooked weight except for Oats, Fruit, Cream of Wheat and Grits. Cooked or uncooked just eat your vegetables!

VEGETABLE	
Green Beans	128 grams
Broccoli	128 grams
Aparagas	128 grams
Peppers	128 grams
Cauliflower	128 grams
Brussel Sprouts	128 grams
Kale	128 grams
Celery	128 grams
Spinach	128 grams
Lettuce	128 grams

POST WORKOUT		
Phormula-1	1	Scoop
Ignition	1/4	Scoop

Post-Workout Stack

Ignition & Phormula-1

This is the perfect place to start as proper post workout is the MOST IMPORTANT window in your training! It stacks Phormula-1 & Ignition together. Ignition will rapidly replenish glycogen which equates to muscle energy. At the same time, Phormula-1 is a rapid assimilation protein, which means it gets into the muscles very quickly and begins repairing [...]

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