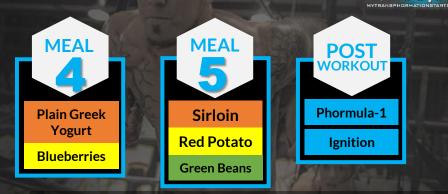


SAMPLE DIET MEAL PLAN For 1300 Calories



MEAL	9
3	
Chicken	
Rice	
Broccoli	

CARR



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 then 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		
Brocolli	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		

1/4

Scoop

Ignition

Post-Workout Stack

IDN

Ignition & Phormula-1

This is the perfect place to start as proper post workout is the MOST IMPORTANT window in your training II 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 [_]

\$74.99





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		

86 grams

Bison

CARD					
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				