

SAMPLE DIET MEAL PLAN For 1400 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	85 grams
Round Steak	75 grams
Sirloin	78 grams
Boneless Chicken Breast	112 grams
Chicken Tenderloin	106 grams
Large Egg whites	6 count
Boneless Turkey Breast	78 grams
99% lean Ground Turkey	96 grams
Level-1	1 scoop
Cod	106 grams
Tilapia	92 grams
Haddock	99 grams
Halibut	90 grams
Tuna in water drained	102 grams
Shrimp	115 grams
2% Cottage Cheese	210 grams
Plain Greek Yogurt	227 grams
Pork Tenderloin	85 grams
Pork Chop	77 grams
Bison	80 grams

CARB	
Quick Oats Dry	28 grams
Brown Rice	83 grams
White Rice	66 grams
Wild Rice	89 grams
Quinoa	89 grams
Pasta	62 grams
Whole Wheat Pasta	72 grams
Whole Wheat bread	1 slice
Strawberries	248 grams
Blueberries	131 grams
Raspberries	159 grams
Apple (medium)	1/2 count
Banana	1 count
Rice Cake	2 count
Sweet Potato baked	92 grams
Red Potato	97 grams
White Potato	89 grams
Cream of wheat	27 grams
Grits	24 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 [...]

\$74.99

