

# SAMPLE DIET MEAL PLAN For 1600 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	106 grams
Round Steak	95 grams
Sirloin	99 grams
Boneless Chicken Breast	140 grams
Chicken Tenderloin	133 grams
Large Egg whites	8 count
Boneless Turkey Breast	99 grams
99% lean Ground Turkey	120 grams
Level-1	1.25 scoop
Cod	133 grams
Tilapia	113 grams
Haddock	123 grams
Halibut	111 grams
Tuna in water drained	127 grams
Shrimp	143 grams
2% Cottage Cheese	261 grams
Plain Greek Yogurt	283 grams
Pork Tenderloin	106 grams
Pork Chop	96 grams
Bison	99 grams

CARB	
Quick Oats Dry	34 grams
Brown Rice	101 grams
White Rice	80 grams
Wild Rice	108 grams
Quinoa	108 grams
Pasta	75 grams
Whole Wheat Pasta	87 grams
Whole Wheat bread	1 slice
Strawberries	300 grams
Blueberries	159 grams
Raspberries	193 grams
Apple (medium)	1 count
Banana	1 count
Rice Cake	3 count
Sweet Potato baked	112 grams
Red Potato	117 grams
White Potato	108 grams
Cream of wheat	32 grams
Grits	29 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 1/4	Scoop
Ignition	1/2	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**

