

SAMPLE DIET MEAL PLAN For 2000 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	113 grams
Round Steak	101 grams
Sirloin	106 grams
Boneless Chicken Breast	149 grams
Chicken Tenderloin	141 grams
Large Egg whites	9 count
Boneless Turkey Breast	106 grams
99% lean Ground Turkey	128 grams
Level-1	1.25 scoop
Cod	141 grams
Tilapia	120 grams
Haddock	132 grams
Halibut	118 grams
Tuna in water drained	135 grams
Shrimp	152 grams
2% Cottage Cheese	280 grams
Plain Greek Yogurt	302 grams
Pork Tenderloin	113 grams
Pork Chop	103 grams
Bison	106 grams

CARB	
Quick Oats Dry	47 grams
Brown Rice	140 grams
White Rice	112 grams
Wild Rice	150 grams
Quinoa	150 grams
Pasta	103 grams
Whole Wheat Pasta	121 grams
Whole Wheat bread	1 1/2 slice
Strawberries	417 grams
Blueberries	221 grams
Raspberries	268 grams
Apple (medium)	1 count
Banana	1 count
Rice Cake	4 count
Sweet Potato baked	155 grams
Red Potato	163 grams
White Potato	150 grams
Cream of wheat	45 grams
Grits	40 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	195 grams
Broccoli	195 grams
Aparagas	195 grams
Peppers	195 grams
Cauliflower	195 grams
Brussel Sprouts	195 grams
Kale	195 grams
Celery	195 grams
Spinach	195 grams
Lettuce	195 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 [...]

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