

Meal Plan 1

RULES: (FOLLOW THESE EXACTLY. NO Omissions, Substitutions or Additions.)

1. 4-6 Bottles of Water (.5 liter bottles)
2. No eating within 2 hours of bedtime.
3. Eat Every 2-3 Hours!!!!
4. Eat until you are FULL at Breakfast, Lunch and Dinner.
5. **Daily Supplements: 2-5g Glutamine, Multi-Vitamin, Vitamin C, Flax Seed, Whey Protein**
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Breakfast: (Choose 2-3) DO NOT REPEAT SELECTIONS IN THE SAME MEAL

- 3 Pieces Turkey Bacon
- 2-4 Egg Whites Only (Boiled, Scrambled or Omelet)
- Protein Shake
- ½ Grapefruit
- 1 cup Strawberries
- ½ Chicken Breast (Skinless)
- 1 cup Green Vegetable (Steamed, Boiled or Grilled)
- 1 cup Skim Milk (8oz)

Snack (Choose 1) DO NOT REPEAT THE SAME SNACK

- ½ Grapefruit
- Protein Shake
- 1 cup Raw Vegetables w/ 2oz Fat Free Ranch or Italian
- ¼ cup of Nuts (Pistachios, Cashews or Almonds)
- V8 (4-6oz)
- 1-cup Whole Strawberries

Lunch (Choose 2) DO NOT REPEAT SELECTIONS IN THE SAME MEAL

- Protein Shake
- 1 Chicken Breast (Skinless) (4-6oz)
- 1-2 Cups Green Salad (ONLY GREEN VEGGIES, NO ICEBERG LETTUCE)
- ½ Cup of Tuna (DO NOT ADD ANY MAYONNAISE, ONLY FAT FREE RANCH if needed)
- 1-2 Cups GREEN VEGETABLES (COOKED OR RAW)
- 1-2 Fillets of White Fish (Baked, Broiled or Grilled) (4-6oz)
- 1 Low Carb Wrap w/Fresh Lunch Meat (not cold pressed) Mustard is only Condiment!

Snack (Choose 1) DO NOT REPEAT THE SAME SNACK

- ½ Grapefruit
- Protein Shake
- 1 cup Raw Vegetables w/ 2oz Fat Free Ranch or Italian
- ¼ cup of Nuts (Pistachios, Cashews or Almonds)
- V8 (4-8oz)
- 4-6 Whole Strawberries

Dinner (Choose 2-3) DO NOT REPEAT SELECTIONS IN THE SAME MEAL

- Protein Shake
- 1 Chicken Breast (Skinless) (4-6oz)
- 1-2 Cups Green Salad (ONLY GREEN VEGGIES, NO ICEBERG LETTUCE)
- ½ Cup of Tuna (DO NOT ADD ANY MAYONNAISE, ONLY FAT FREE RANCH)
- 1-2 Cups GREEN VEGETABLES (COOKED OR RAW)
- 1-2 Fillets of White Fish (Baked, Broiled or Grilled) (4-6oz)

POST WORKOUTS SUPPLEMENTS (OPTIONAL):

**YOU MUST CONSUME PROTEIN AND GLUTAMINE DIRECTLY
AFTER WORKOUTS AND BCAA 30 MIN BEFORE WORKOUT!**