

SAMPLE MEAL PLAN: WEEK 1

Here's an example of a daily diet plan for week 1. The foods and quantities are based on a 200-pound guy who needs to consume roughly 3150 calories a day while losing body fat. Yeah, I know. A lot of people who want to lose fat don't weigh 200 pounds, and they can't lose body fat when they're consuming 3150 calories a day. But if you're a big muscular guy, then you still need plenty of calories to feed your muscles while shedding body fat.

That's what the calculator is for. You plug in your info and it provides you with the numbers that are right for your needs.

Here's a daily meal plan example for individuals who fit the description above:

Meal & Timing	Food	Quantity
Upon rising	Water	500 ml
Meal One: post-morning cardio	Egg whites Whole eggs Cream of Brown Rice Natural peanut butter	8 oz 2 large ¼ cup 1 Tbsp
Meal Two: Pre-workout meal (60-90 minutes before training)	Micropure Whey Protein Isolate Cream of Brown Rice	2 scoops ¼ cup
Meal Two part 2: Pre-workout shake (15-20 minutes before training)	Pre-Kaged Hydra-Charged Citrulline	1 scoop 1 scoop 1 scoop
Meal Three: Post-workout (30 minutes after training)	Flank steak Green beans Baked potato	200 g 100 g 200 g
Meal Four	Chicken breast Green beans Sushi rice Coconut oil	200 g 100 g 1 cup 1 Tbsp
Meal Five	Egg whites Whole eggs Spinach Cream of Brown Rice Natural peanut butter	8 oz 2 large 100 g ¼ cup 1 Tbsp
Meal Six	Kasein Glutamine Natural peanut butter	2 scoops 1 scoop 1 Tbsp