

BODYWEIGHT	60	CALORIES
TOTAL DAILY AMOUNT OF		
PROTEIN	120	480
CARBS	420	1440
FATS	78	702
*In grams		2622
		TOTAL
*In calories		
NUTRITION FACTS PER MEAL IF YOU ARE FOLLOWING A 4 MEAL PLAN		
PROTEIN	20	
CARBS	90	
FAT	19.5	
*In grams		

ANABOLIC PHASE

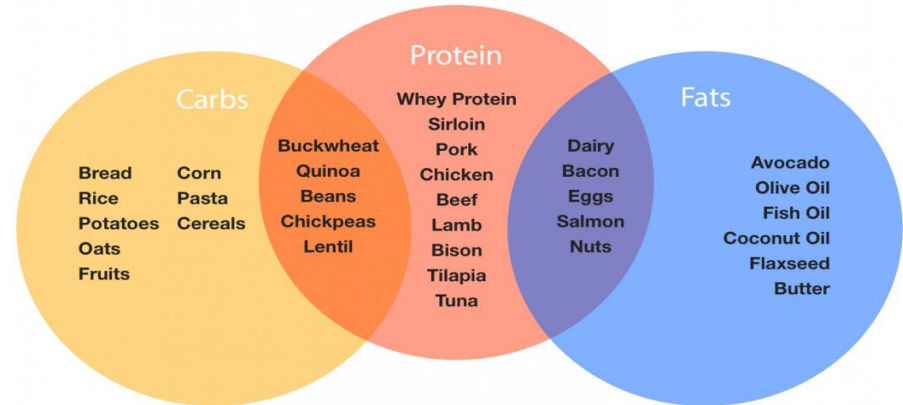
BODYWEIGHT	60	CALORIES
TOTAL DAILY AMOUNT OF		
PROTEIN	120	480
CARBS	360	1200
FATS	78	702
*In grams		2382
		TOTAL
*In calories		
NUTRITION FACTS PER MEAL IF YOU ARE FOLLOWING A 4 MEAL PLAN		
PROTEIN	20	
CARBS	75	
FAT	19.5	
*In grams		

MAINTAINANCE

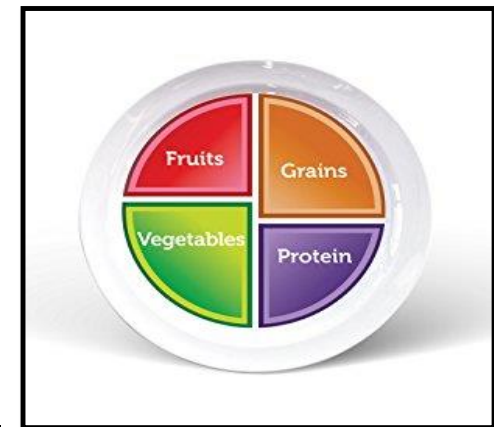
BODYWEIGHT	60	CALORIES
DAILY AMOUNT OF		
PROTEIN	126	504
CARBS	300	960
FATS	78	702
*In grams		2166
		TOTAL
*In calories		
NUTRITION FACTS PER MEAL IF YOU ARE FOLLOWING A 4 MEAL PLAN		
PROTEIN	21.5	
CARBS	60	
FAT	19.5	

CATABOLIC

FOOD DISTRIBUTION INSIDE THE PLATE



FOOD MESEAUIMENT



NUTRITIONAL FACTS PER 100gr OF RAW FOOD

GRAINS: 60-70gr OF CARBS

PROTEIN: 15-20gr OF PROTEIN

VEGGIES: 15-20gr OF CARBS

FRUITS: 1 MEDIUM 15-20gr OF CARBS

FATS: 1 TABLE SPOON 15gr OF FATS

NAME OF CLIENT: _____

WEIGHT HISTORY

MAIN GOAL:

[illegible]

