

## Meals Plan

<b>Name</b>	<b>Hamouda</b>
<b>Last Name</b>	<b>Horchani</b>
<b>Age</b>	<b>21</b>
<b>Weight</b>	<b>84</b>
<b>Height</b>	<b>182</b>
<b>Objective</b>	<b>CUT</b>
<b>Number of sessions per week</b>	
<b>Number of sessions per muscle</b>	
<b>Number of ex per session</b>	
<b>Focused muscle group</b>	
<b>BMR</b>	<b>1878</b>
<b>Daily caloric intake</b>	<b>2284</b>
<b>Weekly caloric intake</b>	
<b>Proportions</b>	<b>178P:272C:51F</b>
<b>Carb-cycling</b>	
<b>L-Carb</b>	
<b>H-Carb</b>	
<b>3 Preferred foods</b>	
<b>Allergic to</b>	•
<b>Cheat Meals</b>	
<b>Date (start-end)</b>	
<b>Duration</b>	

## Notes:

- Weigh your meals after cooking.
- Do not add oil to rice nor pasta use it only when it s crucial.
- Weight check every 2 Weeks.

## TIPS:

1. Meat will lose  $\frac{1}{4}$  of its weight after cooking it.
2. Rice and different carbs from grain/seed source will become \*3 their weight after cooking.
3. Vegetable subgroup will have the same weight.

Meal number	Meal Description
1	• 3 whole eggs + 4 egg whites
2	• 70g oats + 15g peanuts + 1 scoop protein
3	• 500g rice + 225g chicken
4(preworkout)	• 70g oats + 15g peanuts + 1 banana
5	• 120g cottage cheese aldi

300g raw chicken/day

180g raw rice/day