

# B&B MEALPLAN

BURN FAT & BUILD MUSCLE

**2**

training  
sessions  
a day

**3**

meals  
a day

**4 hours**

between meals  
minimum

no snacks  
between  
meals

**FASTED CARDIO**  
run, walk, circuit, HIIT  
30-45 MINUTES IN TOTAL

## BREAKFAST

1. FRUIT & BERRIES
2. WHOLE GRAINS, LEGUMES
3. PROTEIN
4. NUTS, SEEDS

## LUNCH

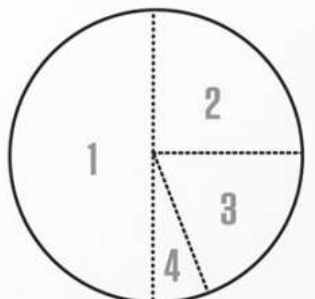
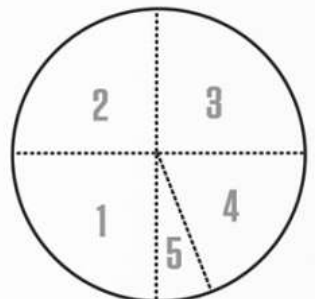
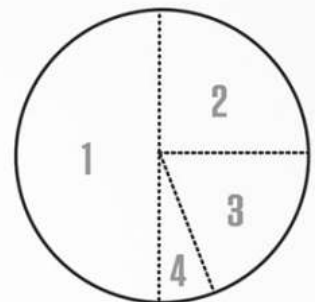
1. FRESH VEGETABLES
2. LEAFY GREENS
3. WHOLE GRAINS, LEGUMES
4. PROTEIN
5. NUTS, SEEDS\*

## DINNER

1. COOKED VEGETABLES, MUSHROOMS
2. WHOLE GRAINS, LEGUMES
3. PROTEIN
4. NUTS, SEEDS\*

**STRENGTH ORIENTED WORKOUT**  
30-45 MINUTES IN TOTAL

## YOUR PLATE



\* optional