STEVE COOK'S 12-WEEK COLLEGE TRAINER SAMPLE MEAL PLAN

MEAL 1 - OMELET AND OATS □ 2 Whole Eggs □ 6 Egg Whites □ Veggies Of Choice □ 3/4 cup Oats □ Frozen Berries	MEAL 7 - SNACK ☐ 6 oz Greek Yogurt ☐ 15 Almonds ☐ 1 cup Granola MEAL 8 - BEDTIME
MEAL O. CHAOV	☐ Protein Shake (1 Scoop ON Casein)
MEAL 2 – SNACK	,
☐ Protein Shake (ON Whey)	
□ Apple□ 15 Almonds	NOTES
MEAL 3 – SANDWICH AND FRUIT	
☐ 2 Slices Ezekiel Bread or Whole Wheat	
4 oz Roasted Turkey	
2 Slices Low-Fat American Cheese	
☐ Banana	
MEAL 4 – PRE-WORKOUT	
□ 8 oz Chicken Breast	
□ 10 oz Mixed Salad	
☐ Sweet Potato	
MEALE DOCT WORKOUT	
MEAL 5 – POST-WORKOUT	
☐ Protein Shake (ON Hydro Whey)	
MEAL 6 – ONE HOUR POST-WORKOUT	
■ 8 oz Steak (or Any Lean Protein)	
☐ 1 cup Broccoli	
☐ 1 cup Brown Rice	

