Our focus is to SLOWLY increase your caloric intake, so it doesn’t make you sick and doesn’t damage your metabolism. Here is your tentative meal plan:

\*1 gallon of water/day

**BREAKFAST**

*(Immediately upon waking)*

1 scoop protein powder

1 apple/banana/orange (pick one)

**BREAKFAST 2**

(30-60min after first meal)

4 whole eggs

1 slice low fat cheese

2 pieces Peanut Butter Toast

**SNACK 1**

1 Clif Bar or Protein Bar

2 Stringed Cheeses

**LUNCH**

1 multivitamin

1 can Tuna

1 tbsp light mayonnaise

2 slices bread

(make sandwich)

**PREWORKOUT**

One Large Fruit

**POST-WORKOUT**

2 Scoops Protein Powder

5g Creatine

**DINNER**

7oz. Meat Protein (see food list)

1 Avocado

1c. Steamed Broccoli