

DEGWY'S

FITNESS & NUTRITION

MEAL PLAN

Wednesday 21 June 2017

MEAL 1



Food Name: Chicken Breast
Serving Size: 100 gm



Food Name: Chicken Breast
Serving Size: 500 gm



Food Name: Chicken Breast
Serving Size: 800 gm

MEAL 2



Food Name: Chicken Breast
Serving Size: 900 gm



Food Name: Cheedar Cheese
Serving Size: 888 gm

MEAL 3



Food Name: Chicken Breast
Serving Size: 100 gm



Food Name: Chicken Breast
Serving Size: 100 gm



Food Name: Chicken Breast
Serving Size: 100 gm



Food Name: Chicken Breast
Serving Size: 90 gm



Food Name: Cheedar Cheese
Serving Size: 100 gm



Food Name: Cheedar Cheese
Serving Size: 200 gm

MEAL 4



Food Name: Lean Beef (Uncooked)
Serving Size: 900 gm



Food Name: eggs
Serving Size: 100 gm

MEALS STATS

Macronutrient:	Amount
Proteins	1156.9 gm
Carbohydrates	15.4 gm
Fats	509.8 gm
Total Calories	9275.4 Calories

Rules:

- All food is weighed RAW before cooking
- Don't use oil in cooking your meals unless you have it in the meal plan
- Stick to the plan for maximum Results
- You can mix and match between meals but not between plans
- Meal timing is irrelevant you can eat at any time you want as long as you meet your macronutrients
- If you are bulking exclude cardio from your workout (Don't do it)
- Cheat days are once every 2 weeks if you are over 10 percent body fat and once every week if you are under 10 percent
- Lift the maximum weights possible
- Train hard