






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	null
Carbohydrates	null
Fats	null
Total Calories	null

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