






MEAL PLAN

Friday 23 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:	100
	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