



## 240LBS MALE MEAL PLAN - CUT

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	PRE WORKOUT	Recommended: 1-2 scoops Legion Pulse	5	0	5	0
		Recommended: Legion Forge (for fasted training)	0	0	0	0
	TOTAL	MEAL 1	5	0	5	0



## WEIGHTLIFTING

2	BREAKFAST	4 egg whites	64	14.4	0.8	0.4
		1 whole egg	72	6.8	0.4	5
		1 ounce Cheddar cheese & 2 cups spinach for eggs	127	8.8	2.6	9.5
		2 English muffins	240	8	50	2
		1 tablespoon jam	44	0	11	0
		1.5 scoops whey (I recommend Legion Whey+)	150	33	3	0
		1 cup 1% organic milk	102	8.2	12.2	2.4
		Recommended: Triumph	0	0	0	0
		Recommended: Legion Recharge	0	0	0	0
		Recommended: 1/2 serving Phoenix	0	0	0	0
	TOTAL	MEAL 2	799	79.2	80	19.3

3	LUNCH	6.5 ounces shrimp	180	39	0	2.3
		1 cup (cooked) brown rice	200	4	42.7	1.3
		3 ounces vegetables (broccoli, cauliflower, asparagus, zucchini, string beans, bell peppers, carrots, onions)	29	2.4	5.6	0.3
		Recommended: 1/2 serving Phoenix	0	0	0	0
	TOTAL	MEAL 3	409	45.4	48.3	3.9

4	SNACK	1 slice whole grain bread	80	4	14	0.1
		1 tablespoon peanut butter	94	4	3.2	8.1
	TOTAL	MEAL 4	174	8	17.2	8.2

5	DINNER	8 ounces sirloin, trimmed of fat	304	51.2	0	8.8
		200g (cooked) quinoa	240	8.8	42	3.8
		salad (2 cups spinach, 1/2 carrot, 1/2 cucumber, 1/2 medium tomato)	55	2.5	9.8	0.4
		2 tablespoons balsamic vinegar	20	0	4	0
		dry seasonings (if desired)	4	0	1	0
	TOTAL	MEAL 5	623	62.5	56.8	13



## HIIT CARDIO

6	SNACK	7 ounces 2% cottage cheese	179	27.1	7.2	3.9
		1/2 cup pineapple	44	0	10.8	0
	TOTAL	MEAL 6	223	27.1	18	3.9

TOTALS			2233	222.2	225.3	48.3
TARGET			2240	224	224	49.8