



200 LBS FEMALE MEAL PLAN - CUT

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	4 egg whites	64	14.4	0.8	0.4
		3/4 ounce low fat Cheddar cheese	53	6	0	3.4
		1/2 cup (measured dry) old fashioned oats	150	5	27	3
		1/4 cup blueberries	28	0	7.2	0
		1/2 cup almond milk (unsweetened) for oats	15	0.5	0.5	1.2
		cinnamon, stevia, nutmeg, vanilla extract (if desired)	10	0	1.3	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
		Recommended: Legion Triumph	0	0	0	0
	TOTAL	MEAL 1	320	25.9	36.8	8
2	LUNCH	7 ounces turkey breast	210	45.5	0	2.6
		6 ounces sweet potato	147	2.6	34.3	0.1
		3 ounces vegetables (broccoli, cauliflower, squash, string beans, carrots, asparagus, bell pepper)	29	2.4	5.6	0.3
		1/2 tablespoon butter	51	0	0	5.8
		dry seasonings, cinnamon for potato (if desired)	4	0	1	0
	TOTAL	MEAL 2	441	50.5	40.9	8.8
3	PRE WORKOUT SHAKE	1 scoop whey (recommend Legion Whey+)	100	22	2	0
		1 cup 2% organic milk	130	9	12	5
		1 small banana	90	1.1	23	0.3
		Recommended: 1/2 serving Phoenix	0	0	0	0
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
	TOTAL	MEAL 3	325	32.1	42	5.3
<div>WEIGHTLIFTING</div>						
4	DINNER	1 serving Chicken Cacciatore from Muscle For Life	454	45	48	7
		1 cup 2% organic milk	130	9	12	5
		dry seasonings (if desired)	0	0	0	0
		Recommended: 1 scoop Legion Recharge	0	0	0	0
	TOTAL	MEAL 4	584	54	60	12
5	SNACK	3 Egg White Bites from Muscle For Life	150	21	9	3
	TOTAL	MEAL 5	150	21	9	3
TOTALS			1820	183.5	188.7	37.1
TARGET			1826	182.6	182.6	40.6