




## 220LBS MALE MEAL PLAN - CUT

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	1 serving PB2 Oatcakes from Muscle For Life	328	18	53	7
		1 tablespoon syrup	54	0	13.4	0
		Recommended: Triumph	0	0	0	0
		Recommended: 1/2 serving Phoenix	0	0	0	0
	TOTAL	MEAL 1	382	18	66.4	7
2	LUNCH	250g chicken breast, trimmed of fat	268	58	0	3.3
		salad (120g romaine, 1/2 carrot, 1/2 cucumber, 1/2 tomato)	62	2.9	11	0.5
		2 tablespoons Bolthouse Farms Caesar dressing	45	2	3	2.5
		dry seasonings (if desired)	0	0	0	0
		20g milk chocolate	106	1.4	12	6
	TOTAL	MEAL 2	481	64.3	26	12.3
3	DINNER	200g 99% fat free ground turkey breast	214	50	0	1.8
		200g (cooked) quinoa	240	8.8	42	3.8
		100g vegetables (broccoli, cauliflower, asparagus, bell pepper, string beans, carrots, onions)	34	2.8	6.6	0.3
		1/2 tablespoon butter	51	0	0	5.8
		dry seasonings, lemon juice (if desired)	4	0	1	0
		Recommended: 1/2 serving Phoenix	0	0	0	0
		Recommended: 1-2 scoop Legion Pulse	5	0	5	0
	TOTAL	MEAL 3	548	61.6	54.6	11.7
<div> WEIGHTLIFTING</div>						
4	POST WORKOUT SHAKE	2 scoops whey (recommend Legion Whey+)	220	44	6	0.8
		250ml 2% organic milk	130	9	12	5
		1.5 medium bananas (frozen)	158	1.9	40	0.6
		1 tablespoon peanut butter	94	4	3.2	8.1
		Recommended: Legion Recharge	0	0	0	0
	TOTAL	MEAL 4	602	58.9	61.2	14.5
5	SNACK	3 Egg White Bites from Muscle For Life	150	21	9	3
	TOTAL	MEAL 5	150	21	9	3
TOTALS			2163	223.8	217.2	48.5
TARGET			2158	215.8	215.8	48