

# 140 LBS FEMALE MEAL PLAN - CUT

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	4 egg whites	64	14.4	0.8	0.4
		20g low fat Cheddar cheese	50	5.7	0	3.2
		2 slices whole grain bread	160	8	28	0.2
		1.5 tablespoons jam	66	0	16.5	0
		Recommended: Legion Triumph	0	0	0	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL 1	340	28.1	45.3	3.8

2	PRE WORKOUT SNACK	2 Clean Blueberry Protein Muffins from Muscle For Life	308	34	14	16
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
	TOTAL	MEAL 2	313	34	19	16



## WEIGHTLIFTING

3	LUNCH	5 ounces chicken breast, trimmed of fat	150	32.5	0	1.9
		8 ounces white potato	171	3.1	40	0.2
		3 ounces vegetables (broccoli, cauliflower, squash, string beans, carrots, asparagus, bell pepper)	29	2.4	5.6	0.3
		20g low fat Cheddar cheese for potato	50	5.7	0	3.2
		1 tablespoon sour cream for potato	26	0.4	0.5	2.5
		dry seasonings, 1 tablespoon ketchup (if desired)	24	0	5	0
		Recommended: Legion Recharge	0	0	0	0
	TOTAL	MEAL 3	450	44.1	51.1	8.1

4	DINNER	6 ounces chicken breast, trimmed of fat	180	39	0	2.3
		2 cups cubed Acorn squash	112	2.2	29.2	0.3
		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 (if desired)	0	0	0	0
	TOTAL	MEAL 4	372	43.6	34.8	8.7

TOTALS			1475	149.8	150.2	36.6
TARGET			1488	148.8	148.8	33.1