

180LBS MALE MEAL PLAN - CUT

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	4 egg whites & 20g Cheddar cheese	145	19.4	1.1	7
		2 tablespoons salsa (if desired)	10	0	2.5	0
		40g (measured dry) old fashioned oats	150	5	27	3
		cinnamon, stevia, nutmeg, vanilla extract (if desired)	10	0	1.3	0
		1 scoop whey (I recommend Legion Whey+)	100	22	2	0
		250ml almond milk (unsweetened)	30	1	1	2.5
		Recommended: Legion Triumph	0	0	0	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL 1	445	47.4	34.9	12.5

2	PRE WORKOUT SHAKE	1 scoop whey (I recommend Legion Whey+)	100	22	2	0
		250ml almond milk (unsweetened)	30	1	1	2.5
		1 small apple	76	0.4	20.6	0.3
		1 tablespoon peanut butter	94	4	3.2	8.1
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
	TOTAL	MEAL 2	305	27.4	31.8	10.9



WEIGHTLIFTING

3	LUNCH	Chicken & Vegetable Stir-Fry from Muscle For Life	200	42	6	2
		250g (cooked) brown rice	257	5.1	54.8	1.7
		dry seasonings, lemon juice (if desired)	4	0	1	0
		20g milk chocolate	106	1.4	12	6
		Recommended: Legion Recharge	0	0	0	0
	TOTAL	MEAL 3	567	48.5	73.8	9.7

4	DINNER	200g turkey breast	214	46.4	0	2.7
		170g white potato	129	2.3	30.2	0.1
		1 teaspoon butter OR 1 tablespoon sour cream	34	0	0	3.9
		salad (60-90g spinach, 1/2 carrot, 1/2 cucumber, 1/2 tomato)	62	2.9	11	0.5
		3 tablespoons balsamic vinegar	30	0	6	0
		dry seasonings (if desired)	0	0	0	0
	TOTAL	MEAL 4	469	51.6	47.2	7.2

5	SNACK	200g 0% Greek yogurt	118	21.2	8.2	0
		100g strawberries	28	0	7.2	0
		1 tablespoon chia seeds	29	1.5	3	2.5
	TOTAL	MEAL 5	175	22.7	18.4	2.5

TOTALS		1961	197.6	206.1	42.8
TARGET		1958	195.8	195.8	43.5