



# 120 LBS FEMALE MEAL PLAN - CUT

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	PRE WORKOUT SHAKE	1 scoop whey (I recommend Legion Whey+)	100	22	2	0
		1 cup almond milk (sweetened)	60	1	8	2.5
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
	TOTAL	MEAL 1	165	23	15	2.5



## WEIGHTLIFTING

2	BREAKFAST	1 scoop whey	100	22	2	0
		1 cup almond milk (sweetened)	60	1	8	2.5
		1 small banana	90	1.1	23	0.3
		1/3 cup blueberries	27	0.4	6.9	0.2
		Recommended: Triumph	0	0	0	0
		Recommended: Legion Recharge	0	0	0	0
	TOTAL	MEAL 2	277	24.5	39.9	3

3	LUNCH	4 ounces chicken breast, trimmed of fat	120	26	0	1.5
		1 serving Roasted Garlic Twice Baked-Potato from Muscle For Life	216	6	39	5
		1/2 tablespoon butter	51	0	0	5.8
		Recommended: 1/2 serving Phoenix	0	0	0	0
	TOTAL	MEAL 3	387	32	39	12.3

4	DINNER	5 ounces sirloin, trimmed of fat	190	32	0	5.5
		3/4 cup (cooked) brown rice	150	3	32	1
		6 ounces vegetables (broccoli, cauliflower, squash, string beans, carrots, asparagus, bell pepper)	58	4.8	11.2	0.6
		1 teaspoon butter	34	0	0	3.9
		dry seasonings, cilantro, lemon juice (if desired)	4	0	1	0
	TOTAL	MEAL 4	436	39.8	44.2	11

5	SNACK	5 ounces 2% cottage cheese	128	19.4	5.1	2.8
	TOTAL	MEAL 5	128	19.4	5.1	2.8

TOTALS			1393	138.7	143.2	31.6
TARGET			1388	138.8	138.8	30.9