



180 LBS FEMALE MEAL PLAN - CUT

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	PRE WORKOUT SNACK	10 ounces 0% Greek yogurt	167	30	11.7	0
		1/4 cup blueberries	22	0	5.4	0
		cinnamon, stevia (if desired)	4	0	1	0
		Recommended: 1/2 serving Phoenix	0	0	0	0
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
	TOTAL	MEAL 1	198	30	23.1	0



WEIGHTLIFTING

2	BREAKFAST	1 serving Chia Seed French Toast from Muscle For Life	368	30	38	11
		coffee with 1 tablespoon sugar	48	0	12.6	0
		Recommended: Triumph	0	0	0	0
		Recommended: Legion Recharge	0	0	0	0
	TOTAL	MEAL 2	416	30	50.6	11

3	SNACK	1 rice cake	35	1	7	0
		1 tablespoon peanut butter	94	4	3.2	8.1
	TOTAL	MEAL 3	129	5	10.2	8.1

4	LUNCH	9 ounces chicken breast, trimmed of fat	270	58.5	0	3.4
		1 serving Pork Fried Quinoa from Muscle For Life	253	12	30	9
		dry seasonings (if desired)	0	0	0	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL 4	523	70.5	30	12.4

5	DINNER	2 servings Barbecue Beer Meatballs from Muscle For Life	310	34	22	8
		3/4 cup (cooked) brown rice	150	3	32	1
		dry seasonings (if desired)	0	0	0	0
	TOTAL	MEAL 5	460	37	54	9

TOTALS			1726	172.5	167.9	40.5
TARGET			1726	172.6	172.6	38.4