

220LBS MALE MEAL PLAN - CUT

Salad (120g romaine, 1/2 carrot, 1/2 cucumber, 1/2 tomato) 62 2.9 11 11 11 12 13 14 15 15 15 15 15 15 15	MEAL	FOOD	CALORIES	PROTEIN	CARBS	FAT
Recommended: 1/2 serving Phoenix	BREAKFAST -	1 serving PB2 Oatcakes from Muscle For Life	328	18	53	7
Recommended: Triumph		1 tablespoon syrup	54	0	13.4	0
TOTAL MEAL 1 382 18 66.4		Recommended: Triumph	0	0	0	0
LUNCH Salad (120g romaine, 1/2 carrot, 1/2 cucumber, 1/2 tomato) 62 2.9 11		Recommended: 1/2 serving Phoenix	0	0	0	0
Salad (120g romaine, 1/2 carrot, 1/2 cucumber, 1/2 tomato) 62 2.9 11	TOTAL	MEAL 1	382	18	66.4	7
LUNCH 2 tablespoons Bolthouse Farms Caesar dressing 45 2 3	LUNCH	250g chicken breast, trimmed of fat	268	58	0	3.3
Accommended: 1-2 scoops whey (recommend Legion Whey+) 220		salad (120g romaine, 1/2 carrot, 1/2 cucumber, 1/2 tomato)	62	2.9	11	0.5
20g milk chocolate		2 tablespoons Bolthouse Farms Caesar dressing	45	2	3	2.5
TOTAL MEAL 2		dry seasonings (if desired)	0	0	0	0
200g 99% fat free ground turkey breast 214 50 0		20g milk chocolate	106	1.4	12	6
200g (cooked) quinoa 240 8.8 42 100g vegetables (broccoli, cauliflower, asparagus, bell pepper, string beans, carrots, onions) 34 2.8 6.6	TOTAL	MEAL 2	481	64.3	26	12.3
100g vegetables (broccoli, cauliflower, asparagus, bell pepper, string beans, carrots, onions) 34 2.8 6.6	DINNER	200g 99% fat free ground turkey breast	214	50	0	1.8
DINNER		200g (cooked) quinoa	240	8.8	42	3.8
DINNER			34	2.8	6.6	0.3
Recommended: 1/2 serving Phoenix			51	0	0	5.8
Recommended: 1-2 scoop Legion Pulse		dry seasonings, lemon juice (if desired)	4	0	1	0
TOTAL MEAL 3 548 61.6 54.6 10		Recommended: 1/2 serving Phoenix	0	0	0	0
Companies Comp		Recommended: 1-2 scoop Legion Pulse	5	0	5	0
2 scoops whey (recommend Legion Whey+) 220 44 6	TOTAL	MEAL 3	548	61.6	54.6	11.7
POST WORKOUT 1.5 medium bananas (frozen) 158 1.9 40	1-1	WEIGHTLIFTII	NG			
POST WORKOUT SHAKE		2 scoops whey (recommend Legion Whey+)	220	44	6	0.8
SHAKE 1.5 medium bananas (frozen) 158 1.9 40 1.5 medium bananas (frozen) 158 1.9 40 1 tablespoon peanut butter 94 4 3.2 Recommended: Legion Recharge 0 0 0 TOTAL MEAL 4 602 58.9 61.2 1 SNACK 3 Egg White Bites from Muscle For Life 150 21 9 TOTAL MEAL 5 150 21 9 TOTALS 2163 223.8 217.2 4		250ml 2% organic milk	130	9	12	5
Recommended: Legion Recharge 0 0 0 TOTAL MEAL 4 602 58.9 61.2 1 SNACK 3 Egg White Bites from Muscle For Life 150 21 9 TOTAL MEAL 5 150 21 9 TOTALS 2163 223.8 217.2 4		1.5 medium bananas (frozen)	158	1.9	40	0.6
TOTAL MEAL 4 602 58.9 61.2 1 SNACK 3 Egg White Bites from Muscle For Life 150 21 9 TOTAL MEAL 5 150 21 9 TOTALS 2163 223.8 217.2 4		1 tablespoon peanut butter	94	4	3.2	8.1
SNACK 3 Egg White Bites from Muscle For Life 150 21 9 TOTAL MEAL 5 150 21 9 TOTALS 2163 223.8 217.2 4		Recommended: Legion Recharge	0	0	0	0
TOTAL MEAL 5 150 21 9 TOTALS 2163 223.8 217.2 4	TOTAL	MEAL 4	602	58.9	61.2	14.5
TOTALS 2163 223.8 217.2 4	SNACK	3 Egg White Bites from Muscle For Life	150	21	9	3
	TOTAL	MEAL 5	150	21	9	3
TARGET 2459 245.9 245.9		TOTALS	2163	223.8	217.2	48.5
		TARGET	2158	215.8	215.8	48