



160 LBS FEMALE MEAL PLAN - CUT

| MEAL | FOOD | CALORIES | PROTEIN | CARBS | FAT |
|------|-------------|--------------------------------------|---------|-------|-----|
| 1 | PRE WORKOUT | Recommended: Legion Forge | 0 | 0 | 0 |
| | | Recommended: 1-2 scoops Legion Pulse | 5 | 0 | 5 |
| | TOTAL | MEAL 1 | 5 | 0 | 5 |



WEIGHTLIFTING

| | | | | | | |
|---|-----------|---------------------------------------|-----|------|------|------|
| 2 | BREAKFAST | 4 egg whites | 64 | 14.4 | 0.8 | 0.4 |
| | | 1 slice turkey bacon for omelette | 35 | 2 | 0 | 2.5 |
| | | 20g low fat Cheddar cheese | 50 | 5.7 | 0 | 3.2 |
| | | 2 slices whole grain bread | 160 | 8 | 28 | 0.2 |
| | | 1 tablespoon jam | 44 | 0 | 11 | 0 |
| | | 1 scoop whey (recommend Legion Whey+) | 100 | 22 | 2 | 0 |
| | | 1 cup 2% organic milk | 130 | 9 | 12 | 5 |
| | | Recommended: Legion Triumph | 0 | 0 | 0 | 0 |
| | | Recommended: Legion Recharge | 0 | 0 | 0 | 0 |
| | | Recommended: 1/2 serving Phoenix | 0 | 0 | 0 | 0 |
| | TOTAL | MEAL 2 | 583 | 61.1 | 53.8 | 11.3 |

| | | | | | | |
|---|-------|-------------------------------|-----|----|------|---|
| 3 | SNACK | 8 ounces 0% Greek yogurt | 133 | 24 | 9.3 | 0 |
| | | 1/4 cup blueberries | 22 | 0 | 5.4 | 0 |
| | | cinnamon, stevia (if desired) | 4 | 0 | 1 | 0 |
| | TOTAL | MEAL 3 | 159 | 24 | 15.7 | 0 |

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|---|-------|--|-----|------|------|-----|
| 4 | LUNCH | 6 ounces Mahi Mahi | 150 | 32 | 0 | 1.5 |
| | | salad (60-90g spinach, 1/2 carrot, 1/2 cucumber, 1/2 tomato) | 62 | 2.9 | 11 | 0.5 |
| | | 1/2 cup strawberries | 22 | 0 | 5.4 | 0 |
| | | 2 tablespoons balsamic vinegar | 20 | 0 | 4 | 0 |
| | | dry seasonings (if desired) | 0 | 0 | 0 | 0 |
| | | coffee with 2 tablespoons cream and 2 teaspoons sugar | 71 | 0.8 | 9.2 | 3.4 |
| | | Recommended: 1/2 serving Legion Phoenix | 0 | 0 | 0 | 0 |
| | TOTAL | MEAL 4 | 325 | 35.7 | 29.6 | 5.4 |

| | | | | | | |
|---|--------|--|-----|------|------|------|
| 5 | DINNER | 6 ounces Tilapia | 150 | 32.5 | 0 | 1.9 |
| | | 3/4 cup (cooked) brown rice | 150 | 3 | 32 | 1 |
| | | 3 ounces vegetables (broccoli, cauliflower, squash, string beans, carrots, asparagus, bell pepper) | 29 | 2.4 | 5.6 | 0.3 |
| | | 2 teaspoons butter | 68 | 0 | 0 | 7.7 |
| | | dry seasonings (if desired) | 0 | 0 | 0 | 0 |
| | | 1/2 cup chocolate ice cream | 142 | 2.5 | 18.7 | 7.3 |
| | TOTAL | MEAL 5 | 539 | 40.4 | 56.3 | 18.2 |

| | | | | | |
|--------|--|------|-------|-------|------|
| TOTALS | | 1611 | 161.2 | 160.4 | 34.9 |
| TARGET | | 1603 | 160.3 | 160.3 | 35.6 |