

200LBS MALE MEAL PLAN - CUT

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	3 whole eggs	216	18.9	1.2	15
		1 slice whole grain bread	80	4	14	0.1
		1 tablespoon jam	44	0	11	0
		250ml 2% organic milk	130	9	12	5
		Recommended: Triumph	0	0	0	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL 1	470	31.9	38.2	20.1
2	LUNCH	250g chicken breast, trimmed of fat	268	58	0	3.3
		150g (cooked) quinoa	180	6.5	31.6	3.2
		salad (60-90g spinach, 1/2 carrot, 1/2 cucumber, 1/2 tomato)	62	2.9	11	0.5
		15g dried cranberries	44	0	10.8	0
		3 tablespoons balsamic vinegar	30	0	6	0
		dry seasonings (if desired)	0	0	0	0
	TOTAL	MEAL 2	584	67.4	59.4	7
3	PRE WORKOUT SNACK	2 Lemon Chia Seed Protein Bars from Muscle For Life	250	20	30	6
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
	TOTAL	MEAL 3	255	20	35	6
<div><div></div><div>WEIGHTLIFTING</div></div>						
4	DINNER	Breaded Parmesan Pork Chops from Muscle For Life	246	41	9	5
		200g sweet potato	172	3	40	0.2
		100g vegetables (broccoli, cauliflower, asparagus, bell pepper, string beans, carrots, onions)	34	2.8	6.6	0.3
		1 teaspoon butter	34	0	0	3.9
		dry seasonings (if desired)	0	0	0	0
		Recommended: Legion Recharge	0	0	0	0
	TOTAL	MEAL 4	486	46.8	55.6	9.4
5	SNACK	250g 2% cottage cheese	226	34.3	9	4.9
		100g blueberries	57	0.8	14.5	0.3
	TOTAL	MEAL 5	283	35.1	23.5	5.2
TOTALS			2078	201.2	211.7	47.7
TARGET			2058	205.8	205.8	45.7