

260LBS MALE MEAL PLAN - CUT

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	2 egg whites	32	7.7	0.4	0.2
		2 whole eggs	144	12.6	0.8	10
		2 slices whole grain bread	160	8	28	0.2
		1 tablespoon jam	44	0	11	0
		Recommended: Legion Triumph	0	0	0	0
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL 1	385	28.3	45.2	10.4



WEIGHTLIFTING

2	POST WORKOUT SHAKE	2 scoops whey (recommend Legion Whey+)	200	44	4	0
		250ml 1% organic milk	102	8.2	12.2	2.4
		1 large banana	121	1.4	31	0.5
		100g mixed berries	57	0.7	12.1	0.4
		Recommended: Legion Recharge	0	0	0	0
	TOTAL	MEAL 2	480	54.3	59.3	3.3

3	LUNCH	250g sirloin, trimmed of fat	339	57	0	9.8
		salad (120g romaine, 1/2 carrot, 1/2 cucumber, 1/2 tomato)	62	2.9	11	0.5
		3 tablespoons balsamic vinegar	30	0	6	0
		20g Feta	53	2.8	0.8	4.3
		dry seasonings (if desired)	0	0	0	0
	TOTAL	MEAL 3	484	62.7	17.8	14.6

4	DINNER	250g chicken breast, trimmed of fat	268	58	0	3.3
		240g sweet potato	190	3.4	44.3	0.2
		100g vegetables (broccoli, cauliflower, asparagus, bell pepper, string beans, carrots, onions)	34	2.8	6.6	0.3
		1/2 tablespoon butter	51	0	0	5.8
		dry seasonings (if desired)	0	0	0	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL4	543	64.2	50.9	9.6

5	SNACK	1 serving PB2 Oatcakes from Muscle For Life	328	18	53	7
		100g mixed berries	57	0.7	12.1	0.4
		2 teaspoons butter	68	0	0	7.7
	TOTAL	MEAL 5	453	18.7	65.1	15.1

TOTALS		2345	228.2	238.3	53
TARGET		2340	234	234	52