Diet

**Summary:**

The goal of XFC19Fitness diet is to keep it simple and cheap. The diet includes Brunch, Pre and Post Workout, Dinner, and Snacks than equal to 1905 calories. This is diet is meant to be consumed every day. Within nutrition we are going to be counting the calories and grams of protein. Other nutrition facts about the food you can do your own research based on the brand’s product you buy. This diet is set at my standard of my body maintenance. You can rescale the diet to your body maintenance if you know how much your body needs to maintain. If you don’t know how much your body needs to maintain, there are calculators online to tell you how much nutrition your body needs to maintain. For bulking this diet needs to exceed 10% of your body maintenance. For cutting this diet needs to be under 10% of your body maintenance.

* Brunch:

|  |  |  |
| --- | --- | --- |
| Food | Calories | Grams of Protein |
| Bread | 140 Calories | 5g |
| Tuna | 100 Calories | 21g |
| Mozzarella | 70 Calories | 5g |
| Ham | 40 Calories | 4g |
| Total | 350 Calories | 35g |

* Snacks:

|  |  |  |
| --- | --- | --- |
| Food | Calories | Grams of Protein |
| Protein Bar | 200 | 20g |
| Apple | 100 | 1g |
| Orange | 45 | 1g |
| Total | 345 | 22g |

* Dinner:

|  |  |  |
| --- | --- | --- |
| Food | Calories | Grams of Protein |
| Chicken Breast | 220 Calories | 44g |
| Rice | 100 Calories | 2g |
| Avocado | 150 Calories | 2g |
| Vegetables | 110 Calories | 5g |
| Total | 470 Calories | 53g |

* Pre-Workout:

|  |  |  |
| --- | --- | --- |
| Food | Calories | Grams of Protein |
| Bread | 140 Calories | 5g |
| Peanut Butter 2 tbsp. | 190 Calories | 8g |
| Banana | 100 Calories | 1g |
| Total | 430 Calories | 14g |

* Post-Workout:

|  |  |  |
| --- | --- | --- |
| Food | Calories | Grams of Protein |
| Protein Powder: | 100 Calories | 25g |
| Egg Whites 12 tbsp | 100 Calories | 20g |
| Total | 200 Calories | 45g |

* Total:

|  |  |  |
| --- | --- | --- |
| Food | Calories | Grams of Protein |
| Total | 1905 | 169g |

Note: Add Servings to the Final Product.