

Stonerock Fitness Diet

The following diet is NOT a prescribed nutrition plan for any person. It is solely a sample nutritional program and is to be implemented at your own risk.

You should consult your physician or other health care professional before starting this or any other weight loss program to determine if it is right for your needs. Consult your health care physician if you have any type of health condition, including without limitations insulin dependent diabetes, eating disorders, cardiac insufficiency, renal insufficiency, are subject to a current major depression, are currently pregnant or breastfeeding, or if you are a vegan.

Do not start this program if your physician or health care provider advises against it.

Stonerock Fitness, LLC offers health and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional.

Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this site. The use of any information provided on this Site is solely at your own risk.

Developments in medical research may impact the health, fitness and nutritional advice that appears here. No assurance can be given that the advice contained in this Site will always include the most recent findings or developments with respect to the particular material.

If you are in the United States and think you are having a medical or health emergency, call your health care professional, or 911, immediately.

Breakfast

Option 1: Eggs and a banana

Option 2: Turkey Sausage and raspberries or blueberries

Option 3: Oatmeal with almond milk, PB2, and almond slices and a banana (only twice a week)

Lunch

Option 1: Buffalo chicken Salad (Try to avoid croutons and go light on cheese)

Option 2: Tuna Salad Sandwich on Whole grain bread (Use avocado or Greek yogurt instead of mayonnaise)

Option 3: Turkey or Chicken Club Sandwich on whole grain bread or a lettuce wrap and Greek Yogurt

Dinner

Option 1: Grilled or baked chicken breast seasoned to your liking, vegetables of choice

Option 2: Salmon and asparagus

Option 3: Steak, Sweet potato w/ optional Land O Lakes cinnamon sugar butter, green vegetables (max twice a week)

Snacks

Protein Bar (I prefer Quest bars)

Almond Butter and Apple slices (Max 3 times a week)

Low fat cottage cheese and choice of pineapple, peaches, oranges, strawberries, blueberries, raspberries, or blackberries

Supplements

Protein shakes (Whey isolate post workout, Casein before bed)

Preworkout and fat burner optional