

Nutrition Planner

Time Between Each meal:
2-3 hours

		Target Calories	Protein	Carbs	Fat
		3288	238	354	102
Meal#1					
Foods	Quantity (g)	Calories	Protein	Carbs	Fat
Coconut Oil	2	18.0	0.0	0.0	2.0
Chicken, Breast	150	172.2	39.0	0.0	1.8
Whole Egg	150	219.0	19.5	1.5	15.0
Broccoli	150	61.8	4.2	10.0	0.6
----- NO FOOD-----	60	0.0	0.0	0.0	0.0
----- NO FOOD-----	20	0.0	0.0	0.0	0.0
----- NO FOOD-----	2	0.0	0.0	0.0	0.0
----- NO FOOD-----	5	0.0	0.0	0.0	0.0
Total		471.0	62.7	11.5	19.4

Notes: Multi-vitamins, 2g vitamin C, omega 3 (4g)

Meal#2					
Foods	Quantity (g)	Calories	Protein	Carbs	Fat
Whey isolate beyond yourself	60	252.8	52.0	2.6	3.8
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
Almonds (Raw)	15	92.0	3.2	3.3	7.4
Blueberries	150	121.5	1.5	25.5	1.5
----- NO FOOD-----	30	0.0	0.0	0.0	0.0
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
Total		466.2	56.6	31.4	12.7

Notes:

Meal#3					
Foods	Quantity (g)	Calories	Protein	Carbs	Fat
Chicken, Breast	200	229.6	52.0	0.0	2.4
Spinach	30	8.8	0.9	1.1	0.1
Broccoli	100	41.2	2.8	6.6	0.4
Peppers (Green)	20	4.8	0.2	1.0	0.0
----- NO FOOD-----	100	0.0	0.0	0.0	0.0
Olive Oil	1	9.0	0.0	0.0	1.0
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
Total		293.4	55.9	8.7	3.9

Notes:

Pre-workout meal	Meal#4						
Foods	Quantity (g)	Calories	Protein	Carbs	Sugar	Fat	
Whey isolate beyond yourself	30	126.4	26.0	1.3	0.0	1.9	
100 Quick oats Quaker	45	198.0	6.0	30.0	0.0	6.0	
Almond Butter	15	90.0	2.8	2.8	0.0	7.5	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
Total		414.4	34.8	34.1		15.4	

Notes: Take this meal 1h 1h30 before you workout (plus 50mL of

Post-workout shake	Meal#5						
Foods	Quantity (g)	Calories	Protein	Carbs	Sugar	Fat	
Whey isolate beyond yourself	60	252.8	52.0	2.6	0.0	3.8	
Dextrose	70	280.0	0.0	70.0	70.0	0.0	
Creatine	5	0.0	0.0	0.0	0.0	0.0	
Glutamine	10	0.0	0.0	0.0	0.0	0.0	
Vitamin C	2	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
Total		532.8	52.0	72.6		3.8	

Notes: Take this shake immediately after your workout

Post-workout Meal	Meal#6						
Foods	Quantity (g)	Calories	Protein	Carbs	Sugar	Fat	
Beef,ground,90%	200	340.0	40.0	0.0	0.0	20.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
Broccoli	150	61.8	4.2	10.0	2.6	0.6	
Basmati Brown Rice	200	693.4	18.4	142.8	0.0	5.4	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
Coconut Oil	2	18.0	0.0	0.0	0.0	2.0	
Total		1113.2	62.6	152.8		28.0	

Notes: take this meal 30-60 minutes after your workout.