

# SAMPLE DIET MEAL PLAN For 2200 Calories

**MEAL 1**

- Egg White
- Oatmeal
- Spinach

**MEAL 2**

- Level 1
- Apple

**MEAL 3**

- Chicken
- Rice
- Broccoli

**MEAL 4**

- Plain Greek Yogurt
- Blueberries

**MEAL 5**

- Sirloin
- Red Potato
- Green Beans

**POST WORKOUT**

- Phormula-1
- Ignition

PROTEIN	
90%+ Lean Ground Beef	127 grams
Round Steak	114 grams
Sirloin	120 grams
Boneless Chicken Breast	168 grams
Chicken Tenderloin	159 grams
Large Egg whites	10 count
Boneless Turkey Breast	120 grams
99% lean Ground Turkey	136 grams
Level-1	1.5 scoop
Cod	159 grams
Tilapia	137 grams
Haddock	149 grams
Halibut	135 grams
Tuna in water drained	152 grams
Shrimp	172 grams
2% Cottage Cheese	314 grams
Plain Greek Yogurt	340 grams
Pork Tenderloin	127 grams
Pork Chop	116 grams
Bison	119 grams

CARB	
Quick Oats Dry	53 grams
Brown Rice	157 grams
White Rice	126 grams
Wild Rice	169 grams
Quinoa	169 grams
Pasta	117 grams
Whole Wheat Pasta	136 grams
Whole Wheat bread	2 slice
Strawberries	469 grams
Blueberries	249 grams
Raspberries	301 grams
Apple (medium)	1.5 count
Banana	1.5 count
Rice Cake	5 count
Sweet Potato baked	174 grams
Red Potato	184 grams
White Potato	169 grams
Cream of wheat	51 grams
Grits	45 grams

This is just a sample meal plan. You can replace any of the foods with one from the list, from the appropriate source Protein, Carb, or Vegetable.

-Vegetables need to be eaten at 3 meals minimum.

-Do not drink more than 3 protein shakes per day. *(Use supplements to make you diet successful, don't use supplements to fully replace your diet)*

-You can workout anytime during the day, and have your Post Workout Shake immediately following. You will want to have a meal within an hour of consuming your post workout shake.

All protein weights are listed at a cooked weight with the exceptions of Cottage Cheese, Yogurt and Tuna(canned). All Carb weights are listed as cooked weight except for Oats, Fruit, Cream of Wheat and Grits. Cooked or uncooked just eat your vegetables!

### VEGETABLE

Green Beans	195 grams
Broccoli	195 grams
Aparagas	195 grams
Peppers	195 grams
Cauliflower	195 grams
Brussel Sprouts	195 grams
Kale	195 grams
Celery	195 grams
Spinach	195 grams
Lettuce	195 grams

### POST WORKOUT

Phormula-1	1 1/2	Scoop
Ignition	3/4	Scoop

## Post-Workout Stack

### Ignition & Phormula-1

This is the perfect place to start as proper post workout is the MOST IMPORTANT window in your training! It stacks Phormula-1 & Ignition together. Ignition will rapidly replenish glycogen which equates to muscle energy. At the same time, Phormula-1 is a rapid assimilation protein, which means it gets into the muscles very quickly and begins repairing [...]

**\$74.99**

