

# CUTTING PLAN FOR 200LBS MALE

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	5 egg whites	85	18	1	0.5
		2 tablespoons salsa (if desired)	10	0	2.5	0
		40g (measured dry) old fashioned oats	150	5	27	3
		cinnamon, stevia, nutmeg, vanilla extract (if desired)	10	0	1.3	0
		1 scoop whey (I recommend Legion Whey+)	100	22	2	0
		250ml almond milk (unsweetened)	30	1	1	2.5
		vitamins	0	0	0	0
	TOTAL	MEAL 1	385	46	34.8	6

2	PRE WORKOUT SHAKE	2 scoops whey protein	210	44	4	1
		250ml almond milk (unsweetened)	30	1	1	2.5
		1 medium apple	95	0	25.1	0
		2 tablespoons peanut butter	188	8	6.3	16.1
		pre-workout	5	0	5	0
	TOTAL	MEAL 2	528	53	41.4	19.6



## WEIGHTLIFTING

3	LUNCH	200g shrimp	214	46.4	0	2.7
		250g (cooked) brown rice	257	5.1	54.8	1.7
		100g steamed vegetables (broccoli, cauliflower, asparagus, bell pepper, string beans, carrots, onions)	34	2.8	6.6	0.3
		creatine	0	0	0	0
	TOTAL	MEAL 3	505	54.3	61.4	4.7

4	DINNER	250g chicken breast	268	58	0	3.3
		200g white potato	155	2.8	36.3	3
		side salad (60g spinach, 1/2 carrot, 1/2 cucumber, 1 stalk celery)	47	2.4	6	0.3
		2 tablespoons balsamic vinegar	20	0	4	0
		1 teaspoon butter	34	0	0	3.9
	TOTAL	MEAL 4	524	63.2	46.3	10.5

5	SNACK	200g 0% Greek yogurt	118	21.2	8.2	0
		100g strawberries	28	0	7.2	0
	TOTAL	MEAL 5	146	21.2	15.4	0

TOTALS			2088	237.7	199.3	40.8
TARGET			2120	240	200	40