

CUTTING PLAN FOR 220LBS MALE

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	PRE WORKOUT	pre-workout	5	0	1	0
		Recommended: 10g BCAAs (needed for fasted training)	0	0	0	0
		Recommended: yohimbine (for fasted training)	0	0	0	0
	TOTAL	MEAL 1	5	0	1	0



WEIGHTLIFTING

2	BREAKFAST	2 High Protein Banana Oatcakes from The Shredded Chef	351	31	45	6
		1/4 cup blueberries	21	0	5.3	0
	TOTAL	MEAL 2	372	31	50.3	6
3	LUNCH	6 ounces chicken breast	180	39	0	2.3
		salad (2 cups spinach, 1/2 carrot, 1/2 cucumber, 1/2 medium tomato)	54	2.9	8.4	0.5
		2 cup balsamic vinegar	20	0	4	0
	TOTAL	MEAL 3	254	41.9	12.4	2.8
4	SNACK	1 slice whole grain bread	80	4	14	0.1
		2 tablespoons peanut butter	188	8	6.3	16.1
		1 scoop whey (I recommend Legion Whey+)	105	22	2	0.5
		1 cup almond milk (unsweetened)	30	1	1	2.5
	TOTAL	MEAL 4	403	35	23.3	19.2
5	DINNER	6 ounces sirloin, trimmed of fat	228	38.4	0	6.6
		6 ounces potato	131	3.4	29.7	0.2
		2 tablespoons sour cream	60	1	1	5
		1 tablespoon butter	102	0	0	11.6
		3 ounces vegetables (broccoli, cauliflower, asparagus, zucchini, string beans, bell peppers, carrots, onions)	29	2.4	5.6	0.3
	TOTAL	MEAL 5	550	45.2	36.3	23.7



HIIT CARDIO

6	SNACK	6 ounces 2% Greek yogurt	150	20	8	4
		stevia (if desired)	0	0	0	0
		15 almonds	104	3.8	3.9	9
	TOTAL	MEAL 6	254	23.8	11.9	13

TOTALS			1838	176.9	135.2	64.7
TARGET			1826	176	132	66