

180 POUNDS FEMALE CUT

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	PRE-WORKOUT SUPPLEMENTS	1 scoop pre-workout	5	0	5	0
		10g BCAAs	0	0	0	0
	TOTAL	MEAL 1	5	0	5	0



FASTED WEIGHTLIFTING

2	POST WORKOUT SHAKE	1 scoop whey	100	22	2	0
		1 cup unsweetened almond milk	30	1	1	2.5
		1 medium banana	105	1.3	27	0.4
		2 tablespoons peanut butter	188	8	6.3	16.1
	TOTAL	MEAL 2	423	32.3	36.3	19

3	LUNCH	150g chicken breast OR 150g shrimp	161	34.8	0	2
		200g vegetables (broccoli, green beans, asparagus)	68	5.5	13.2	0.7
		2 teaspoons butter	68	0	0	7.7
	TOTAL	MEAL 3	297	40.3	13.2	10.4

4	DINNER	150g sirloin, trimmed of fat	204	34.2	0	5.9
		1 serving Mushroom Risotto from The Shredded Chef	255	12	49	3
	TOTAL	MEAL 4	459	46.2	49	8.9

5	SNACK	8 ounces 2% Greek yogurt	173	23	9.3	4.6
		stevia to taste	0	0	0	0
		12 almonds	83	3	3.1	7.2
	TOTAL	MEAL 5	256	26	12.4	11.8

TOTALS			1440	144.8	115.9	50.1
TARGET			1430	145	100	50