

Meal	Food	Calories	Protein	Carbs	Fat
0	Pre Workout Supplements	Required for fasted training: Legion Forge (as directed) OR 3 grams HMB OR 5 grams leucine** OR 10 grams Whey+**	0	0	0
	Total	Meal 0	0	0	0



Fasted Workout/Cardio

**Research shows that any source of calories (except HMB) will likely cause an insulin response and disrupt your fast. That said, we think the benefits of [muscle preservation](#) outweigh losing slightly less fat, so we still recommend getting protein before fasted training.

1	Post Workout Breakfast	1 cup 100% liquid egg whites (brand of choice)	138	28.8	2	0.4
		2 slices (28 grams each) turkey bacon	80	12	2	3
		50 grams spinach OR 50 grams tomato	12	1.5	1.8	0.2
		50 grams mushrooms OR 50 grams bell pepper	11	1	2	0.2
		5 grams butter (for food or cooking)	36	0	0	4.1
		Hot sauce, dry seasonings (if desired)	4	0	1	0
		Coffee with 2-3 tablespoons oatmilk or almond milk	17	0.4	3.7	0.7
	Total	Meal 1	298	43.7	12.5	8.6

2	Lunch (loaded salad)	210 grams tilapia OR 220 grams chicken thighs (boneless and skinless), trimmed of ALL fat (leave out avocado below if having chicken)	202	42.2	0	3.6
		25 grams (measured dry) quinoa OR 25 grams (measured dry) lentils OR 70 grams canned black beans (drained)	93	3.5	17.3	1.5
		15 grams cheddar cheese OR 10 grams pumpkin seeds	61	3.5	0.4	5.1
		Side salad (60-80 grams greens of choice, 50 grams tomato, 50 grams cucumber, 30 grams carrots)	46	3.2	9.4	1.5
		1 teaspoon olive oil (for cooking or dressing)	40	0	0	4.5
		40 grams avocado (leave out if having chicken thighs)	64	0.8	3.4	5.9
		1 tablespoon balsamic vinegar	14	0.1	2.8	0
		Hot sauce, lemon juice, dry seasonings (if desired)	6	0.2	1.5	0.1
	Total	Meal 2	526	53.5	34.8	22.2

3	Dinner	230 grams wild-caught chum, pink or sockeye salmon (not farm-raised) OR 250 grams 93% fat free ground turkey (leave out oil below if having ground turkey)	292	47.2	0	10.1
		100 grams sweet potato	86	1.6	20.1	0
		100 grams cauliflower OR 100 grams eggplant OR 110 grams mushrooms	25	1.9	5	0.3
		100 grams broccoli OR 100 grams green beans OR 120 grams bell pepper	32	2.6	6.3	0.3
		100 grams onion OR 100 grams onion	40	1.1	9.3	0.1
		2 teaspoons olive oil OR 10 grams butter OR 40 grams sour cream (leave out if having ground turkey)	80	0	0	9
		2 tablespoons soy sauce (32 grams) OR 1 tablespoon Sriracha (20 grams)	16	2.6	1.6	0.1
		Lemon juice, dry seasonings, fresh herbs (if desired)	6	0.2	1.5	0.1
	Total	Meal 3	577	57.2	43.8	20

4	Treat/Fruit option	1 medium banana (126 grams) OR 190 grams mixed berries (raspberries, blueberries, blackberries) OR 180 grams mango OR 310 grams honeydew melon OR 370 grams watermelon OR 1 bar (62 grams) Greek Yogurt Bar (Yasso® or similar - match calories with product of choice)	112	1.4	28.8	0.4
	Total	Meal 4	112	1.4	28.8	0.4

			Calories	Protein	Carbs	Fat
Target			1512	151 g	113 g	50 g
Totals			1513	155.8	119.9	51.2