

KATE G. MEAL PLAN - CUT 1

All items should be measured raw/uncooked/dry unless indicated otherwise.
If you have any questions or issues, please email services@legionsupplements.com

Meal		Food	Calories	Protein	Carbs	Fat
1	Pre Workout Shake	1 scoop (30 grams) Bulk Nutrients Earth Protein	122	22.5	1.5	2.5
		120 ml unsweetened almond milk plus water	19	0.5	1.6	1.2
		½ medium banana (63 grams) OR 1 medium orange (114 grams) OR 100 grams mixed berries (strawberries, raspberries, blueberries, blackberries)	56	0.7	14.4	0.2
	Total	Meal 1	197	23.7	17.5	3.9



Workout/Cardio

2	Post Workout Breakfast	1 scoop (30 grams) Bulk Nutrients Earth Protein	122	22.5	1.5	2.5
		120 ml unsweetened almond milk plus water	19	0.5	1.6	1.2
		40 grams (measured dry) old-fashioned oats	152	5.3	27	2.6
		50 grams blueberries OR 75 grams strawberries	28	0.4	7.3	0.2
		Cinnamon, nutmeg, vanilla extract, stevia (if desired)	12	0.1	2.1	0.8
		Green Tea - Plain	0	0	0	0
	Total	Meal 2	333	28.8	39.5	7.3
3	Lunch	230 grams firm tofu	197	20.8	6.6	9.6
		Salad (100 grams kale OR 150 grams spinach OR 200 grams romaine lettuce, 100 grams tomato, 100 grams cucumber, 50 grams carrots)	88	5	16.7	1.9
		20 grams avocado	32	0.4	1.7	2.9
		2 tablespoons balsamic vinegar	28	0.2	5.5	0
		Hot sauce, lemon juice, dry seasonings (if desired)	6	0.2	1.5	0.1
	Total	Meal 3	351	26.6	32	14.5
4	Afternoon Snack	2 slices thin-sliced whole grain bread	140	6	26	2
		15 grams peanut butter	88	3.6	3.3	7.5
		15 grams jam	42	0.1	10.3	0
	Total	Meal 4	270	9.7	39.6	9.5
5	Dinner	220 grams firm tofu	188	19.9	6.3	9.2
		130 grams potato OR 120 grams sweet potato	103	2.8	23.5	0.1
		125 grams cauliflower OR 150 grams asparagus OR 125 grams cabbage	31	2.4	6.2	0.4
		200 grams zucchini or summer squash OR 150 grams mushrooms OR 100 grams broccoli	34	2.4	6.2	0.6
		1 tablespoon Sriracha (20 grams) OR 1½ tablespoons mustard (22 grams) OR 1 tablespoon soy sauce (16 grams), dry seasonings (if desired)	17	0.2	4.7	0
	Total	Meal 5	373	27.7	46.9	10.3
			Calories	Protein	Carbs	Fat
Target			1530	121 g	165 g	43 g
Totals			1524	116.5	175.5	45.5