



# JOE H. CUSTOM MEAL PLAN - BULK 1

All items are MEASURED RAW/DRY unless indicated otherwise. If you have a question, email [services@legionsupplements.com](mailto:services@legionsupplements.com)

This is not medical or dietary advice. Consult an RD or medical professional before starting a diet or nutritional regimen.

Meal		Food	Calories	Protein	Carbs	Fat
1	Pre Weights Shake	<a href="#">1 scoop vegan protein (recommend Legion Plant+)</a>	140	25	5	2.5
		12 fluid ounces rice milk (plus water as necessary)	171	1	33.6	3.6
		1 extra large banana (5½ ounces) <b>OR</b> 1 large apple (9 ounces) <b>OR</b> 8 ounces mixed berries (strawberries, raspberries, blueberries, blackberries)	133	1.7	34.3	0.5
		Coffee with 8 fluid ounces oat milk	90	2	19	1.5
	Total	Meal 1	534	29.7	91.9	8.1



Weights

2	Post Weights Breakfast (Overnight Oats)	5 ounces Fage® Total 0% Greek yogurt	75	15	4.2	0
		3 ounces (measured dry) old-fashioned oats	325	11.3	58	5.6
		4 ounces mixed berries (strawberries, raspberries, blueberries, blackberries)	64	0.8	13.6	0.4
		Cinnamon, nutmeg, vanilla extract, stevia (if desired)	12	0.1	2.1	0.8
	Total	Meal 2	476	27.2	77.9	6.8
3	Lunch	3 ounces chicken breast, trimmed of fat <b>OR</b> 3 ounces tilapia	92	17.3	0	2.6
		10 ounces sweet potato	246	4.4	56.9	0.1
		4 ounces mushrooms <b>OR</b> 3 ounces cauliflower <b>OR</b> 5 ounces zucchini	25	2.4	4.3	0.4
		4 ounces cabbage <b>OR</b> 2 ounces Brussels sprouts <b>OR</b> 2 ounces onions	25	2.4	4.3	0.4
		2 teaspoons olive oil	80	0	0	9
		1 tablespoon mustard (15 grams), hot sauce, dry seasonings (if desired)	9	0.6	0.9	0.5
	Total	Meal 3	477	27.1	66.4	13
4	Pre Cardio Snack	1 serving Banana Protein Fluff <b>OR</b> Protein Parfait from <i>Eat Green Get Lean</i>	245	24	32	2
		30 grams peanut butter	177	7.2	6.6	15
	Total	Meal 4	422	31.2	38.6	17



Cardio

5	Post Cardio Dinner (Tacos OR Burrito)	3½ ounces turkey breast, trimmed of fat <b>OR</b> 4 ounces 90% lean ground beef ( <a href="#">leave out cheese and avocado if having beef</a> )	97	23.4	0	1.5
		1 medium corn tortilla (1½ ounces) <b>OR</b> 2 medium taco shells (about 5 inches in diameter, ½ ounce each)	138	3.7	22.2	3.6
		4 ounces traditional refried beans (canned) <b>OR</b> 1 ounce (measured dry) pinto beans <b>OR</b> white rice	101	5.6	15.2	2.3
		½ ounce low fat cheddar cheese <b>OR</b> mozzarella cheese ( <a href="#">leave out if having beef</a> )	44	3.8	0.4	2.9
		3 ounces tomato, romaine lettuce	15	0.7	3.3	0.2
		4 ounces bell pepper <b>OR</b> 3 ounces broccoli <b>OR</b> 2 ounces carrots ( <a href="#">eaten on the side</a> )	25	2.4	4.3	0.4
		2½ ounces avocado ( <a href="#">leave out if having beef</a> )	117	1.3	6	10.7
		Hot sauce, lemon juice, dry seasonings (if desired)	4	0	1	0
	Total	Meal 5	541	40.9	52.4	21.6

	Calories	Protein	Carbs	Fat
Target	2459	154 g	307 g	68 g
Totals	2450	156.1	327.2	66.5