

legion.

CHRISTIAN D. CUSTOM MEAL PLAN - CUT 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
0	Pre Workout Supplements	<a href="#">Required for fasted training: Legion Forge (as directed) OR 3 grams HMB OR 5 grams leucine** OR 10 grams Whey+**</a>	0	0	0	0
	Total	Meal 0	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 (OR 2 servings Veggie Omelet from <i>Eat Green Get Lean</i> )	2 whole eggs (large - 50 grams each) OR 1 whole egg (large - 50 grams) <b>PLUS</b> 1 slice bacon (Applegate Organics® No Sugar Bacon or similar)	143	12.6	0.7	9.5
		1 cup (248 grams) 100% Liquid Egg Whites	138	28.8	2	0.4
		0-calorie cooking spray	15	0	0	1.5
		Hot sauce, dry seasonings (if desired)	4	0	1	0
		1 slice whole grain bread (toasted)	109	5.5	17.8	1.7
		50 grams avocado	80	1	4.3	7.4
		Coffee, black	0	0	0	0
	Total	Meal 1	489	47.9	25.8	20.5
2	Lunch (OR 1 serving Greek Pita Pizza OR Pollo Fajitas from <i>The Shredded Chef</i> )	180 grams sirloin, trimmed of <b>ALL</b> fat OR 200 grams chicken thighs (boneless and skinless), trimmed of <b>ALL</b> fat	243	39.4	0	8.3
		1 extra large corn tortilla (65 grams) OR 170 grams sweet potato OR 180 grams potato	142	3.7	29	1.9
		100 grams bell pepper OR 100 grams cabbage	26	1	6	0.3
		100 grams cherry tomatoes OR 100 grams cauliflower	28	0.8	4.8	0
		0-calorie cooking spray	15	0	0	1.5
		Hot sauce, lemon juice, dry seasonings (if desired)	6	0.2	1.5	0.1
	Total	Meal 2	460	45.1	41.3	12.1
3	Shake	1½ scoops (46 grams) ON® Gold Standard® Whey Isolate mixed with water	165	37.5	1.5	0.8
		1 extra small banana (80 grams) OR 1 small apple (140 grams) OR 140 grams pineapple OR 120 grams mango	71	0.9	18.3	0.3
		100 grams blueberries	57	0.7	14.5	0.3
	Total	Meal 3	293	39.1	34.3	1.4
4	Dinner (OR 1 serving Slow Cooker Chicken Enchilada Soup with 50 grams sour cream OR 1 serving Mike's Savory Burgers from <i>The Shredded Chef</i> )	180 grams 90% lean ground beef	317	36	0	18
		1 (62 grams) Dave's Killer® 21 Whole Grains And Seeds Organic Hamburger Buns (or similar - match calories/macros) OR 180 grams sweet potato OR 180 grams sweet yellow corn (kernels cut off cob)	160	2.9	31	3
		90 grams kale OR 140 grams spinach	32	2.7	4	1.4
		100 grams mushrooms OR 100 grams asparagus	22	3	3.3	0.3
		Hot sauce, lemon juice, dry seasonings (if desired)	6	0.2	1.5	0.1
		Meal 4	537	44.8	39.8	22.8
	Total					
			Calories	Protein	Carbs	Fat
Target			1776	178 g	133 g	59 g
Totals			1779	176.9	141.2	56.8