

Meal		Food	Calories	Protein	Carbs	Fat
1	Pre Workout Breakfast	2 whole eggs (large - 50 grams each)	143	12.6	0.7	9.5
		1 Ezekiel 4:9 Sprouted Whole Grain English Muffins	160	8	30	1
		0-calorie cooking spray	15	0	0	1.5
		Hot sauce, dry seasonings (if desired)	4	0	1	0
		Coffee with 8 fluid ounces unsweetened almond milk OR 2 fluid ounces whole milk	37	1	3.2	2.3
	Total	Meal 1	359	21.6	34.9	14.3



Workout/Cardio

2	Post Workout Shake	2 scoops (30 grams) Naked Whey Isolate mixed with water	120	25	3	2
		1 extra small banana (3 ounces) OR 4 ounces mixed berries (strawberries, raspberries, blueberries, blackberries)	71	0.9	18.3	0.3
	Total	Meal 2	191	25.9	21.3	2.3

3	Lunch (Bento Box)	5½ ounces chicken breast, trimmed of fat	168	31.6	0	4.7
		0-calorie cooking spray	15	0	0	1.5
		Hot sauce, dry seasonings (if desired)	4	0	1	0
		1 small apple (6 ounces) OR 1 large orange (6½ ounces) OR 4½ ounces grapes	89	1.1	22.9	0.3
		4 ounces carrots OR 6 ounces bell pepper	47	1	11	0.2
		1 ounce cheddar cheese OR ¾ ounce almonds	115	6.5	0.9	9.4
	Total	Meal 3	438	40.2	35.8	16.1

4	Snack	2 ounces Turkey Jerky (Jack Link's® Original or similar)	160	24	8	2
	Total	Meal 4	160	24	8	2

5	Dinner	5½ ounces chicken breast, trimmed of fat OR 5½ ounces sirloin, trimmed of ALL fat (<u>leave out fat below if having sirloin</u>)	168	31.6	0	4.7
		0-calorie cooking spray	15	0	0	1.5
		Hot sauce, dry seasonings (if desired)	4	0	1	0
		6 ounces potato OR 5½ ounces sweet potato	132	3.5	30	0.2
		Side Salad (3-4 ounces greens of choice, 2 ounces tomato, 2 ounces cucumber, 1 ounce carrot) OR 5 ounces broccoli OR 4 ounces onions	49	3.6	10	0.6
		1 tablespoon Primal Kitchen® dressing OR ½ tablespoon olive oil OR 8 grams butter OR 30 grams sour cream (<u>leave out if having sirloin</u>)	60	0	1	6
	Total	Meal 5	428	38.7	42	13

	Calories	Protein	Carbs	Fat
Target	1569	150 g	144 g	44 g
Totals	1576	150.4	142	47.7

Meal		Food	Calories	Protein	Carbs	Fat
1	Pre Workout Breakfast	2 scoops (30 grams) Naked Whey Isolate mixed with water	120	25	3	2
		2 ounces (measured dry) old-fashioned oats	217	7.5	38.7	3.7
		4 ounces strawberries OR 2 ounces blueberries	36	0.8	8.6	0.3
		Cinnamon, nutmeg, vanilla extract, stevia (if desired)	12	0.1	2.1	0.8
		Coffee with 8 fluid ounces unsweetened almond milk OR 2 fluid ounces whole milk	37	1	3.2	2.3
	Total	Meal 1	422	34.4	55.6	9.1



Workout/Cardio

2	Post Workout Snack	7 ounces 0% Greek yogurt (Fage® Total or similar)	105	21	5.8	0
		1 extra small banana (3 ounces) OR 4 ounces mixed berries (strawberries, raspberries, blueberries, blackberries)	71	0.9	18.3	0.3
		Cinnamon, nutmeg, vanilla extract, stevia (if desired)	12	0.1	2.1	0.8
	Total	Meal 2	188	22	26.2	1.1

3	Lunch	1 slice whole grain bread	109	5.5	17.8	1.7
		3 ounces Sliced Oven Roasted Chicken OR Roasted Turkey (<u>Plainville Farms™</u> or similar - match calories and macros)	90	18	1.5	0
		3 ounces tomato, romaine lettuce	15	0.7	3.3	0.2
		10 grams light mayonnaise	24	0	0.7	2.2
		1 tablespoon mustard, salt, pepper (if desired)	9	0.6	0.9	0.5
	Total	Meal 3	247	24.8	24.2	4.6

4	Snack	7 ounces 2% cottage cheese	160	20.7	9.4	4.5
		Salt, pepper, stevia (if desired)	0	0	0	0
		3 ounces blueberries OR 5 ounces strawberries OR 6 ounces cantaloupe OR 4 ounces pineapple OR 1 small peach (4½ ounces)	56	0.7	14.4	0.2
		½ ounce dark chocolate (70-85% cocoa solids) OR ½ ounce cashews	85	1.1	6.5	6
	Total	Meal 4	301	22.5	30.3	10.7

5	Dinner (OR 1 serving Pollo Fajitas from <i>The Shredded Chef</i>)	7 ounces mahi-mahi OR 5½ ounces turkey breast, trimmed of fat	173	36.8	0	1.8
		1½ ounces (measured dry) brown rice OR 1½ ounces (measured dry) white rice	152	3.2	32	1.1
		4 ounces asparagus OR 3 ounces cauliflower OR 5 ounces zucchini or summer squash	25	2.4	4.3	0.4
		3 ounces broccoli OR 4 ounces mushrooms	27	2.2	5.4	0.3
		1 teaspoon olive oil OR 5 grams butter	40	0	0	4.5
		1 tablespoon Sriracha (20 grams) OR 3 tablespoons salsa (45 grams) OR 2 tablespoons soy sauce (32 grams), hot sauce, lemon juice, dry seasonings (if desired)	18	0.4	3.7	0.2
	Total	Meal 5	435	45	45.4	8.3

	Calories	Protein	Carbs	Fat
Target	1569	150 g	144 g	44 g
Totals	1593	148.7	181.7	33.8

Meal		Food	Calories	Protein	Carbs	Fat
1	Pre Workout Breakfast (OR Starbucks® Spinach, Feta & Egg White Wrap)	½ cup 100% liquid egg whites (brand of choice)	69	14.4	1	0.2
		1 whole egg (large - 50 grams)	72	6.3	0.4	4.8
		1 slice whole grain bread	109	5.5	17.8	1.7
		1 teaspoon olive oil OR avocado oil OR 5 grams butter	40	0	0	4.5
		Hot sauce, dry seasonings (if desired)	4	0	1	0
	Total	Meal 1	294	26.2	20.2	11.2



Workout/Cardio

2	Post Workout Snack	3 scoops (45 grams) Naked Whey Isolate mixed with water	180	37.5	4.5	3
		1 extra small banana (3 ounces) OR 4 ounces mixed berries (strawberries, raspberries, blueberries, blackberries)	71	0.9	18.3	0.3
		Coffee with 8 fluid ounces unsweetened almond milk OR 2 fluid ounces whole milk	37	1	3.2	2.3
	Total	Meal 2	288	39.4	26	5.6

3	Lunch (OR ½ Panera Turkey and Cheddar NO MAYO)	1 slice whole grain bread	109	5.5	17.8	1.7
		3 ounces Sliced Oven Roasted Chicken OR Roasted Turkey (Plainville Farms™ or similar - match calories and macros)	90	18	1.5	0
		1 ounce cheddar cheese	115	6.5	0.9	9.4
		3 ounces tomato, romaine lettuce	15	0.7	3.3	0.2
		1 tablespoon mustard, salt, pepper (if desired)	9	0.6	0.9	0.5
	Total	Meal 3	338	31.3	24.4	11.8

4	Snack [OR 1 bar (55 grams) Barbells Protein Bar]	7 ounces 0% Greek yogurt (Fage® Total or similar)	105	21	5.8	0
		1 extra small banana (3 ounces) OR 4 ounces mixed berries (strawberries, raspberries, blueberries, blackberries)	71	0.9	18.3	0.3
		Cinnamon, nutmeg, vanilla extract, stevia (if desired)	12	0.1	2.1	0.8
	Total	Meal 4	188	22	26.2	1.1

5	Dinner (See "How To Order At Restaurant" Guide)	4 ounces chicken breast, trimmed of fat	122	23	0	3.4
		0-calorie cooking spray	15	0	0	1.5
		Hot sauce, dry seasonings (if desired)	4	0	1	0
		1 small potato (1¾" - 2½" diameter, ~6 ounces), plain baked	132	3.5	30	0.2
		1 order steamed broccoli OR 1 serving Asian Ginger Broccoli from <i>Eat Green Get Lean</i>	73	4	8	4
		1 tablespoon (3 teaspoons) olive oil OR 15 grams butter OR 60 grams sour cream (leave out if eating at a restaurant)	119	0	0	13.5
	Total	Meal 5	465	30.5	39	22.6

	Calories	Protein	Carbs	Fat
Target	1569	150 g	144 g	44 g
Totals	1573	149.4	135.8	52.3

Meal		Food	Calories	Protein	Carbs	Fat
1	Breakfast	½ cup 100% liquid egg whites (brand of choice)	69	14.4	1	0.2
		1 whole egg (large - 50 grams)	72	6.3	0.4	4.8
		1 Ezekiel 4:9 Sprouted Whole Grain English Muffins	160	8	30	1
		0-calorie cooking spray	15	0	0	1.5
		Hot sauce, dry seasonings (if desired)	4	0	1	0
		Coffee with 8 fluid ounces unsweetened almond milk OR 2 fluid ounces whole milk	37	1	3.2	2.3
	Total	Meal 1	357	29.7	35.6	9.8
2	Shake	3 scoops (45 grams) Naked Whey Isolate mixed with water	180	37.5	4.5	3
		1 small apple (6 ounces) OR 1 large orange (6½ ounces) OR 4½ ounces grapes	89	1.1	22.9	0.3
	Total	Meal 2	269	38.6	27.4	3.3
3	Lunch	1 serving Slow-Cooker French Dip Sandwiches OR 1 serving Chunky Chicken Quesadilla OR 1 serving Tropical Chicken Salad with Pineapple and Pecans from <i>The Shredded Chef</i>	324	35	24	10
	Total	Meal 3	324	35	24	10
4	Dinner	1 (62 grams) burger bun (Dave's Killer® Burger Buns or similar - match calories/macros)	160	6	32	1.5
		4 ounces 95% lean ground beef PLUS ¾ ounce cheddar cheese OR 5 ounces 95% lean ground beef PLUS 1 ounce avocado	239	28.9	0.7	12.7
		3 ounces tomato, romaine lettuce	15	0.7	3.3	0.2
		1 tablespoon ketchup (17 grams), hot sauce, dry seasonings (if desired)	17	0.2	4.7	0
	Total	Meal 4	431	35.8	40.7	14.4
5	Side (OR Dessert)	1 serving Roasted Brussels Sprouts from <i>The Shredded Chef</i> OR 1 serving Rice Pudding from <i>Eat Green Get Lean</i> OR 1 serving Protein Peach Surprise from <i>Eat Green Get Lean</i> OR 1 serving Peach Cobbler from <i>The Shredded Chef</i>	191	8	37	0
	Total	Meal 5	191	8	37	0
			Calories	Protein	Carbs	Fat
Target			1569	150 g	144 g	44 g
Totals			1572	147.1	164.7	37.5

ANGEL B. CUSTOM MEAL PLAN - CUT 5 (TREAT)

All items are MEASURED RAW/DRY unless indicated otherwise. If you have a question, email 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	Breakfast	1 serving Veggie Omelet from <i>Eat Green Get Lean</i> OR 1 serving PB&J Oatmeal from <i>Eat Green Get Lean</i> (Full recipe makes 1 serving, not 4 servings as stated) (<u>leave out English Muffin if having oatmeal</u>)	244	27	10	10
		1 Ezekiel 4:9 Sprouted Whole Grain English Muffins (<u>leave out if having oatmeal</u>)	160	8	30	1
		Coffee with 8 fluid ounces unsweetened almond milk OR 2 fluid ounces whole milk	37	1	3.2	2.3
	Total	Meal 1	441	36	43.2	13.3
2	Shake	2 scoops (30 grams) Naked Whey Isolate mixed with water	120	25	3	2
		1 extra small banana (3 ounces) OR 4 ounces mixed berries (strawberries, raspberries, blueberries, blackberries)	71	0.9	18.3	0.3
	Total	Meal 2	191	25.9	21.3	2.3
3	Lunch	1 slice whole grain bread	109	5.5	17.8	1.7
		3 ounces Sliced Oven Roasted Chicken OR Roasted Turkey (<u>Plainville Farms™ or similar - match calories and macros</u>)	90	18	1.5	0
		3 ounces tomato, romaine lettuce	15	0.7	3.3	0.2
		1 tablespoon mustard, salt, pepper (if desired)	9	0.6	0.9	0.5
	Total	Meal 3	223	24.8	23.5	2.4
4	Dinner (pasta or tacos)	5 ounces 95% lean ground beef	194	30.3	0	7.1
		3 ounces (measured dry) pasta (regular or Banza chickpea) OR 3 large taco shells (1½ ounces each)	299	11.8	62.4	2.5
		½ cup tomato pasta sauce OR 6 tablespoons salsa (90 grams) PLUS 15 grams sour cream	68	1.9	8.8	3.4
		15 grams grated parmesan cheese OR ½ ounce cheddar cheese	62	5.7	0.4	4.1
		4 ounces onion	46	1.3	10.7	0.1
		4 ounces bell pepper	30	1.1	6.9	0.3
		4 ounces mushrooms OR 4 ounces tomato/romaine lettuce	25	3.4	3.8	0.3
		0-calorie cooking spray	15	0	0	1.5
		Hot sauce, dry seasonings (if desired)	6	0.2	1.5	0.1
		1 glass (5 fluid ounces) wine	123	0.1	4	0
	Total	Meal 4	868	55.8	98.5	19.4
5	Dessert	5 ounces ice cream (chocolate or vanilla)	330	5.3	39.5	18
	Total	Meal 5	330	5.3	39.5	18
			Calories	Protein	Carbs	Fat
			Target	2040	150 g	55 g
			Totals	2053	147.8	55.4