



JOSEPH M. CUSTOM MEAL PLAN - CUT 1

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
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	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 Shake	4 scoops Orgain® Grass Fed Whey Protein Powder	280	42	24	6
		240 ml unsweetened almond milk (plus water as necessary)	37	1	3.2	2.3
		1 small banana (100 grams) OR 1 small apple (165 grams) OR 160 grams mixed berries (strawberries, raspberries, blueberries, blackberries) OR 1 large orange (184 grams) OR 175 grams pineapple OR 125 grams grapes	89	1.1	22.9	0.3
		Coffee with 2-3 tablespoons (unsweetened) almond milk	7	0.2	0.6	0.4
	Total	Meal 1	413	44.3	50.7	9

2	Lunch (OR 210 grams chicken breast, trimmed of fat PLUS 1 serving Mexican Enchilada Casserole from <i>Eat Green Get Lean</i>)	240 grams chicken breast, trimmed of fat OR 1 can (12 ounces) StarKist® Chunk Light Tuna in Water OR 200 grams lean ham (Applegate Naturals® Black Forest Ham or similar)	259	48.7	0	7.2
		2 slices whole grain bread (sandwich) OR 55 grams (measured dry) rice (protein bowl)	217	11	35.5	3.5
		30 grams avocado OR 20 grams light mayonnaise OR 7 grams mayonnaise	48	0.6	2.6	4.4
		100-200 grams veggies (lettuce, spinach, tomato, kale)	30	1.5	5	1
		1 tablespoon A1, soy sauce, lemon juice, dry seasonings	9	0.6	0.9	0.5
	Total	Meal 2	563	62.4	44	16.6

3	Snack	400 grams Fage® Total 0% Greek yogurt	212	42.2	11.6	0
		Cinnamon, nutmeg, vanilla extract, stevia (if desired)	12	0.1	2.1	0.8
		100 grams blueberries OR 150 grams strawberries OR 150 grams cantaloupe OR 1 medium peach (140 grams)	56	0.7	14.4	0.2
		10 grams almond butter OR 10 grams almonds or cashews or peanuts (dry roasted)	61	2.1	1.9	5.6
		1 (63 grams) Skinny Cow® Low Fat Ice Cream Sandwich OR 25 grams dark chocolate (70-85% cacao solids)	150	3	28	3
	Total	Meal 3	491	48.1	58	9.6

4	Dinner (OR 1 serving Beef Lo Mein PLUS 1 serving Green Beans Almondine OR ½ serving Crispy Squash Fries from <i>The Shredded Chef</i> OR 1 serving Sautéed Spinach from <i>Eat Green Get Lean</i>)	200 grams 95% lean ground beef OR 1 serving Simple Italian Parmesan Chicken from <i>The Shredded Chef</i>	274	42.8	0	10
		55 grams (measured dry) pasta OR 1 bun (74 grams) Wonder® Jumbo Seeded Hamburger Buns	204	7.2	41.1	0.9
		120 ml tomato pasta sauce OR 3 tablespoons ketchup (51 grams)	68	1.9	8.8	3.4
		150 grams winter or spaghetti squash OR 100 grams <i>each</i> asparagus AND eggplant	47	0.9	10.4	0.9
		0-calorie cooking spray	15	0	0	1.5
		Hot sauce, dry seasonings (if desired)	6	0.2	1.5	0.1
	Total	Meal 4	614	53	61.8	16.8

		Calories	Protein	Carbs	Fat
	Target	2077	208 g	195 g	52 g
	Totals	2081	207.8	214.5	52