

	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 Breakfast	4 egg whites (large - 33 grams each) OR 8 tablespoons (124 grams) 100% Liquid Egg Whites	69	14.4	1	0.2
		2 slices (28 grams each) turkey bacon	80	12	2	3
		2 ounces spinach OR 2 ounces tomato	13	1.6	2	0.2
		2 ounces mushrooms OR 2 ounces bell pepper	12	1.2	2.2	0.2
		1 slice thin-sliced whole grain bread	70	3	13	1
		¾ ounce avocado OR 5 grams butter (for food or cooking)	36	0	0	4.1
		Hot sauce, dry seasonings (if desired)	4	0	1	0
		Coffee with 2-3 tablespoons (unsweetened) almond milk and Stevia	7	0.2	0.6	0.4
	Total	Meal 1	291	32.4	21.8	9.1
2	Lunch (Sandwich OR Wrap)	2 slices thin-sliced whole grain bread OR 1 medium flour tortilla (1½ ounces)	140	7	26	2
		4 ounces sliced chicken breast OR canned tuna, drained	110	19.5	3.3	2.1
		½ ounce low fat cheddar cheese OR mozzarella cheese	44	3.8	0.4	2.9
		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 2	342	31.6	34.6	9.9
3	Afternoon Shake	2 scoops (38 grams) Orgain® Simple Organic Plant-Based Protein Powder	150	20	11	3.5
		4 fluid ounces unsweetened almond milk (plus water as necessary)	19	0.5	1.6	1.2
		½ medium banana (2 ounces) OR 1 small orange (3½ ounces) OR 1 small peach (4½ ounces)	56	0.7	14.4	0.2
	Total	Meal 3	225	21.2	27	4.9
4	Dinner (Tacos OR Burrito)	4 ounces 95% lean ground beef OR 4½ ounces 93% fat free ground turkey (leave out avocado/sour cream if having turkey)	155	24.2	0	5.7
		1 medium flour tortilla (1½ ounces) OR 2 medium taco shells (about 5 inches in diameter, ½ ounce each)	138	3.7	22.2	3.6
		¾ ounce (measured dry) brown rice OR white rice OR 2½ ounces canned black beans	78	1.5	17.1	0.2
		½ ounce low fat cheddar cheese OR mozzarella cheese	44	3.8	0.4	2.9
		3 ounces tomato, romaine lettuce	15	0.7	3.3	0.2
		4 ounces mushrooms OR 2 ounces onions OR 5 ounces bell peppers (eaten on the side)	25	2.4	4.3	0.4
		1 ounce avocado OR 30 grams sour cream (leave out if having turkey)	59	0.7	1.4	5.8
		1 tablespoon Sriracha (20 grams) OR 3 tablespoons salsa (45 grams), hot sauce, lemon juice, dry seasonings (if desired)	18	0.4	3.7	0.2
	Total	Meal 4	532	37.4	52.4	19
5	Pre Bed Snack	2 ounces Jacklinks Original or Teriyaki Beef Jerky OR Turkey Jerky	160	22	12	2
		2 ounces strawberries OR 1 ounce mango OR 2 ounces pineapple	18	0.4	4.3	0.2
	Total	Meal 5	178	22.4	16.3	2.2

	Calories	Protein	Carbs	Fat
Target	1561	149 g	140 g	45 g
Totals	1568	145	152.1	45.1