



# LAURA C. CUSTOM MEAL PLAN - CUT 1

All items should be **MEASURED RAW/UNCOOKED/DRY** unless indicated otherwise.

If you have any questions or issues, please email [services@legionsupplements.com](mailto:services@legionsupplements.com)

	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	1 serving Veggie Omelet from Eat Green Get Lean <b>OR</b> 1 serving Simple Egg “Cupcakes” from Eat Green Get Lean	244	27	10	10
		2 slices thin-sliced whole grain bread	140	6	26	2
		1 tablespoon salsa (15 grams), hot sauce, dry seasonings (if desired)	6	0.2	1	0.1
	Total	Meal 1	390	33.2	37	12.1
2	Mid-Morning Snack	1 bar (21 grams) Nature Valley™ Crunchy Granola Bar	100	2	14	4
		20 grams peanut butter	118	4.8	4.4	10
	Total	Meal 2	218	6.8	18.4	14
3	Lunch	5 ounces Atlantic or Pacific halibut <b>OR</b> 4 ounces shrimp	129	26.3	0	1.9
		4 ounces potato	88	2.3	20	0.1
		4 ounces asparagus <b>OR</b> 3 ounces broccoli <b>OR</b> 5 ounces zucchini or summer squash	25	2.4	4.3	0.4
		3 ounces green beans <b>OR</b> 2 ounces peas <b>OR</b> 5 ounces zucchini or summer squash	25	2.4	4.3	0.4
		1 tablespoon BBQ sauce (17 grams) <b>OR</b> 1½ tablespoons ketchup (25 grams) <b>OR</b> 2 tablespoons worcestershire sauce (34 grams), hot sauce, dry seasonings (if desired)	29	0.1	6.9	0.1
		1 can (12 fluid ounces) Coke Zero ( <a href="#">can be had at any time</a> )	0	0	0	0
	Total	Meal 3	296	33.5	35.5	2.9
4	Afternoon Shake	<a href="#">1 scoop vegan protein (recommend Legion Plant+)</a>	140	25	5	2.5
		4 fluid ounces skim milk (plus water as necessary)	42	4.2	6	0
		½ medium banana (2 ounces) <b>OR</b> ½ medium apple (3½ ounces) <b>OR</b> 3 ounces grapes	56	0.7	14.4	0.2
	Total	Meal 4	238	29.9	25.4	2.7
5	Dinner (Spaghetti)	4 ounces Atlantic or Pacific halibut <b>OR</b> 4 ounces shrimp	103	21	0	1.5
		1½ ounces (measured dry) whole wheat pasta <b>OR</b> pasta	159	5.6	31.9	0.6
		½ cup tomato pasta sauce	68	1.9	8.8	3.4
		10 grams grated parmesan cheese	42	3.8	0.4	2.7
		3 ounces broccoli <b>OR</b> 2 ounces Brussels sprouts <b>OR</b> 5 ounces mushrooms	25	2.4	4.3	0.4
		Hot sauce, dry seasonings (if desired)	6	0.2	1.5	0.1
		3 fluid ounces Sake <b>OR</b> 1 glass (5 fluid ounces) wine	114	0.3	4.5	0
	Total	Meal 5	517	35.2	51.4	8.7
			Calories	Protein	Carbs	Fat
Target			1650	144 g	165 g	46 g
Totals			1659	138.6	167.7	40.4