



SAMIRA D. 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

Meal		Food	Calories	Protein	Carbs	Fat
1	Pre Workout Shake	1 scoop whey protein (recommend Legion Whey+)	120	22	4	2
		4 fluid ounces unsweetened almond milk (plus water as necessary)	19	0.5	1.6	1.2
		½ medium banana (2 ounces) OR 3½ ounces mixed berries (strawberries, raspberries, blueberries, blackberries) OR 4 ounces pineapple	56	0.7	14.4	0.2
		Coffee with 1½ tablespoons powdered creamer and 10 grams sugar	54	0	12	1
	Total	Meal 1	249	23.2	32	4.4



Workout/Cardio

2	Post Workout Breakfast	3 egg whites (large - 33 grams each) OR 6 tablespoons (92 grams) 100% Liquid Egg Whites	51	10.8	0.7	0.2
		1 whole egg (large - 50 grams)	72	6.3	0.4	4.8
		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
		2 slices whole grain bread	217	11	35.5	3.5
		5 grams butter (for food or cooking)	36	0	0	4.1
		Hot sauce, dry seasonings (if desired)	4	0	1	0
	Total	Meal 2	405	30.9	41.8	13

3	Mid-Morning Snack	8 ounces Fage® Total 0% Greek yogurt	120	24	6.7	0
		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
		½ ounce peanuts (dry roasted with salt) OR almonds OR cashews	83	3.5	3	7
	Total	Meal 3	251	28.4	20.4	8.1

4	Lunch	1 serving Italian Lentil Soup with Chicken from The Shredded Chef OR 1 serving Chunky Chicken Quesadilla from The Shredded Chef OR 1 serving Tropical Chicken Salad with Pineapple and Pecans from The Shredded Chef	315	30	28	9
		2 servings Sweet Potato Chips from The Shredded Chef	122	2	20	4
		Hot sauce, lemon juice, dry seasonings (if desired)	6	0.2	1.5	0.1
	Total	Meal 4	443	32.2	49.5	13.1

5	Dinner	6 ounces chicken breast, trimmed of fat OR 5½ ounces sirloin, trimmed of ALL fat OR 6 ounces wild-caught chum, pink or sockeye salmon (<u>not</u> farm-raised) (<u>leave out oil/butter if having sirloin or salmon</u>)	183	34.5	0	5.1
		1½ ounces (measured dry) brown rice OR white rice	152	3.2	32	1.1
		4 ounces asparagus OR 3 ounces broccoli OR 2 ounces Brussels sprouts	25	2.4	4.3	0.4
		4 ounces bell pepper OR 3 ounces cauliflower OR 5 ounces zucchini or summer squash	25	2.4	4.3	0.4
		1 teaspoon olive oil OR 5 grams butter (<u>leave out if having sirloin or salmon</u>)	40	0	0	4.5
		½ tablespoon (9 grams) Teriyaki Sauce OR 2 tablespoons soy sauce (32 grams), hot sauce, dry seasonings (if desired)	13	0.3	2.7	0.1
	Total	Meal 5	438	42.8	43.3	11.6

			Calories	Protein	Carbs	Fat
Target			1786	154 g	185 g	48 g
Totals			1786	157.5	187	50.2