



KERRY R. 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	1 scoop Legion Whey+	120	22	4	2
		120 ml unsweetened almond milk (plus water as necessary)	19	0.5	1.6	1.2
		½ medium banana (63 grams) OR ½ medium apple (100 grams)	56	0.7	14.4	0.2
		Coffee - Black	0	0	0	0
	Total	Meal 1	195	23.2	20	3.4

2	Breakfast	2 slices thin-sliced whole grain bread	140	6	26	2
		4 egg whites (large - 33 grams each) OR 8 tablespoons (124 grams) 100% Liquid Egg Whites	69	14.4	1	0.2
		1 wedge (19 grams) Laughing Cow Light Swiss Cheese	25	2	1	1.5
		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	274	22.4	29	7.8

3	Lunch	50 grams seitan OR 75 grams tempeh (leave out avocado AND oil if having tempeh) OR 85 grams Gardein™ chick’n strips (leave out avocado if having Gardein™)	89	15	5.5	0.7
		50 grams canned black beans OR 50 grams sweet yellow corn (kernels cut off cob)	67	4.5	12.2	0.2
		Salad (60-100 grams salad greens of choice, 100 grams tomato, 100 grams cucumber, 50 grams carrots)	88	5	16.7	1.9
		20 grams avocado (leave out if having tempeh or Gardein™)	32	0.4	1.7	2.9
		1 teaspoon olive oil OR avocado oil (for cooking or dressing) (leave out if having tempeh)	40	0	0	4.5
		1-2 tablespoons balsamic vinegar (check label for calories)	28	0.2	5.5	0
		Hot sauce, lemon juice, dry seasonings (if desired)	6	0.2	1.5	0.1
	Total	Meal 3	350	25.3	43.1	10.3

4	Afternoon Snack	1 Quest® Bar	210	20	21	9
	Total	Meal 4	210	20	21	9

5	Dinner	50 grams seitan OR 75 grams Gardein™ Ultimate Beefless Ground OR 85 grams MorningStar Farms® Grillers® Crumbles™ (leave out oil/butter if having MorningStar Farms®)	89	15	5.5	0.7
		30 grams (measured dry) brown rice OR white rice OR quinoa	110	2.3	22.9	1
		50 grams butternut squash OR 50 grams peas OR 80 grams onions	31	2.4	6.2	0.4
		200 grams zucchini or summer squash OR 150 grams mushrooms OR 100 grams green beans	34	2.4	6.2	0.6
		1 teaspoon olive oil OR 5 grams butter (leave out if having MorningStar Farms®)	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
		20 grams dark chocolate (70-85% cacao solids) OR 1 Skinny Cow® Ice Cream Bar OR 1 bar (62 grams) Yasso® Greek Yogurt Bar	120	1.6	9.2	8.5
	Total	Meal 5	437	24	52.7	15.8

6	Pre Bed Snack	200 grams Fage® Total 0% Greek yogurt	106	21.2	5.9	0
		50 grams raspberries OR 75 grams strawberries	28	0.4	7.3	0.2
		Cinnamon, nutmeg, vanilla extract, stevia (if desired)	12	0.1	2.1	0.8
	Total	Meal 6	146	21.7	15.3	1

			Calories	Protein	Carbs	Fat
Target			1609	141 g	161 g	45 g
Totals			1612	136.6	181.1	47.3