


# JOHN B. 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
1	Lunch (Sandwich OR Wrap)	2 slices whole grain bread <b>OR</b> 1 large flour tortilla (2½ ounces)	217	11	35.5	3.5
		4 ounces sliced roast beef <b>OR</b> sliced turkey breast <b>OR</b> canned tuna, drained	110	19.5	3.3	2.1
		1 ounce low fat cheddar cheese <b>OR</b> mozzarella cheese	88	7.7	0.8	5.7
		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
		Side Salad (4 ounces romaine lettuce <b>OR</b> 2 ounces mixed salad greens (lettuces, spinaches, Swiss chard, mizuna, arugula, radicchio), 2 ounces cucumber, 2 ounce tomato)	39	3.1	7.8	0.5
		1 tablespoon Hidden Valley Ranch	65	0	0.5	6.5
		Hot sauce, lemon juice, dry seasonings (if desired)	6	0.2	1.5	0.1
		Coffee or Tea - Black/Plain ( <u>can be had at any time</u> )	0	0	0	0
Total	Meal 1	573	42.8	54.3	21.3	
2	Pre Workout Shake	2 scoops (62 grams) ON® Gold Standard® Whey Isolate	220	50	2	1
		8 fluid ounces skim milk (plus water as necessary)	83	8.4	12	0.1
		1 medium apple (7 ounces) <b>OR</b> 6½ ounces mixed berries (strawberries, raspberries, blueberries, blackberries) <b>OR</b> 1 extra large orange (7½ ounces) <b>OR</b> 7 ounces Mandarin orange	104	0.5	27.6	0.3
	Total	Meal 2	407	58.9	41.6	1.4
<div> Workout/Cardio</div>						
3	Post Workout Dinner	9 ounces chicken breast, trimmed of fat <b>OR</b> 9 ounces 93% lean ground beef ( <u>leave out oil/butter if having beef</u> )	275	51.8	0	7.7
		2 ounces (measured dry) brown rice	210	4.3	43.6	1.8
		3 ounces green beans <b>OR</b> 2 ounces Brussels sprouts <b>OR</b> 2 ounces sweet yellow corn (kernels cut off cob)	25	2.4	4.3	0.4
		3 ounces green beans <b>OR</b> 2 ounces Brussels sprouts <b>OR</b> 2 ounces sweet yellow corn (kernels cut off cob)	25	2.4	4.3	0.4
		1 tablespoon (3 teaspoons) olive oil <b>OR</b> 15 grams butter ( <u>leave out if having beef</u> )	119	0	0	13.5
		½ tablespoon (9 grams) Teriyaki Sauce <b>OR</b> 2 tablespoons soy sauce (32 grams), hot sauce, dry seasonings (if desired)	13	0.3	2.7	0.1
Total	Meal 3	667	61.2	54.9	23.9	
5	Pre Bed Snack	10 ounces 2% cottage cheese	229	29.6	13.6	6.3
		Salt, pepper, stevia (if desired)	0	0	0	0
		1 large peach (6 ounces) <b>OR</b> ¾ ounce raisins	68	1.6	16.7	0.4
		1 bar (44 grams) Atkins Low Carb Treat ( <u>match calories/macros as close as possible</u> )	200	3	27	9
Total	Meal 5	497	34.2	57.3	15.7	
			Calories	Protein	Carbs	Fat
Target			2149	195 g	205 g	61 g
Totals			2144	197.1	208.1	62.3