


PARK A. MEAL PLAN - MAINTAIN 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
0	Pre Cardio 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 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 Cardio Breakfast (breakfast burrito)	1 large flour tortilla (2½ ounces)	217	5.8	35.1	5.7
		5 egg whites (large - 33 grams each) OR 10 tablespoons (155 grams) 100% Liquid Egg Whites	86	18	1.2	0.3
		2 whole eggs (large - 50 grams each)	143	12.6	0.7	9.5
		1 ounce low fat cheddar cheese OR mozzarella cheese	88	7.7	0.8	5.7
		3 ounces onion	34	0.9	7.9	0.1
		3 ounces spinach OR 3 ounces cherry tomato	19	2.4	3.1	0.3
		5 grams butter (for food or cooking)	36	0	0	4.1
		1 tablespoon Sriracha (20 grams) OR 3 tablespoons salsa (45 grams), hot sauce, dry seasonings	18	0.4	3.7	0.2
		Coffee with ½ cup (4 fluid ounces) unsweeteend Oatmilk	60	0.5	9	2.5
	Total	Meal 1	701	48.3	61.5	28.4

2	Lunch (5-part Protein box/Bento box)	5 ounces Pre-Sliced Oven Roasted Chicken OR Roasted Turkey (Plainville Farms™ or similar - match calories and protein)	150	30	2.5	0
		1 ounce low fat cheddar cheese OR 1 whole egg (hardboiled)	88	7.7	0.8	5.7
		1 ounce pretzels OR ¾ ounce crackers (Crunchmaster Multi Seed Original or similar - match calories)	115	3	24.1	0.9
		4 ounces grapes OR 5 ounces apple	79	0.8	20.7	0.2
		3 ounces carrots OR 4 ounces cherry tomatos	35	0.8	8.2	0.2
		1 tablespoon mustard, hot sauce, lemon juice, dry seasonings	9	0.6	0.9	0.5
	Total	Meal 2	476	42.9	57.2	7.5

3	Pre Weights Snack	1 CLIF® BUILDERS® Bar OR 1 Legion Protein Bar OR 1 Quest® Bar	290	20	31	11
	Total	Meal 3	290	20	31	11



Weights

4	Post Weights Shake	1 scoop (30 grams) R1 PROTEIN Whey Isolate (mixed with water)	110	25	2	0.5
		1 scoop (30 grams) R1 PLANT PROTEIN (mixed with water)	120	20	4	2.5
		1 large banana (5 ounces) OR 8½ ounces pineapple	120	1.5	30.9	0.4
	Total	Meal 4	350	46.5	36.9	3.4

5	Dinner	1 serving Thai Basil Chicken OR Orange and Honey-Glazed Chicken OR Chicken and Broccoli Stir-Fry from <i>The Shredded Chef</i>	233	41	10	4
		2 ounces (measured dry) brown rice OR white rice	206	4.3	43.4	1.5
		4 ounces broccoli OR 6 ounces asparagus	37	3	7.2	0.3
		5 ounces Brussels sprouts OR 5 ounces onion	61	4.9	12.8	0.4
		1 teaspoon olive oil OR 5 grams butter OR 20 grams sour cream	40	0	0	4.5
		Hot sauce, lemon juice, dry seasonings (if desired)	6	0.2	1.5	0.1
	Total	Meal 5	583	53.4	74.9	10.8

6	Dessert/treat	6 cookies (44 grams) Chocolate Chip Cookies (Simple Mills® Crunchy or similar - match calories) OR IPA India Pale Ale (12 fl oz) OR 2 ounces gummy bears OR 2 shots (1½ fluid ounces each) (gin, rum, vodka, whiskey) 86-90 proof (with 0-calorie mixer, if desired)	220	2	24	14
	Total	Meal 6	220	2	24	14

			Calories	Protein	Carbs	Fat
Target			2610	210 g	279 g	73 g
Totals			2620	213.1	285.5	75.1