

2500 CAL

TRAINING DAY MEAL PLAN

MEAL 1

635 cal (49P 66C 18F)

1 large egg
270g egg whites
70 oats
200g strawberries
15g almond/peanut butter

MEAL 2

608 cal (50P 65C 19F)

2 slices wheat bread
100g reduced sodium turkey
80g avocado
30g Miracle Whip
1 Oikos triple zero yogurt
85g mixed vegetables

MEAL 3

642 cal (50P 73C 18F)

1 whole wheat tortilla
115g chicken breast (cooked)
2/3 cup basmati rice (cooked)
50g black beans
50g corn
25g low fat shredded cheese
30g avocado

MEAL 4

589 cal (43P 65C 18F)

165g top sirloin steak
250g sweet potato (baked)
100g mixed vegetables
1 Tbsp Smart Balance butter

Daily Totals

191g Protein
269g Carbs
73g Fat

2,474 Calories

NOTES:

CUT PHASE

2500 CAL

TRAINING DAY MEAL PLAN

MEAL 1

645 cal (46P 72C 17F)

1 large egg
225g egg whites
2 slices whole wheat bread
1 slice fat free cheese
140g hash browns
50g avocado
50g blueberries

MEAL 2

611 cal (43P 73C 19F)

1 1/3 cup FF plain Greek yogurt
40g oats
60g banana (~half banana)
50g blueberries
1 Tbsp chia seeds
4 tsp almond/peanut butter

MEAL 3

608 cal (45P 70C 17F)

140g chicken breast (cooked)
200g Alexia sweet potato fries (pre-cooked)
100g vegetable(s) of your choice

MEAL 4

645 cal (47P 70C 20F)

165g 93/7 ground turkey
1 wheat hamburger bun
1 slice fat free cheese
240g baked potatoes
2 tsp Smart balance butter (or
50g avocado)

Daily Totals

182g Protein
285g Carbs
73g Fat

2,509 Calories

NOTES:

CUT PHASE

2500 CAL

TRAINING DAY MEAL PLAN

MEAL 1

639 cal (47P 73C 19F)

80g Kodiak Power Cakes mix
1 large egg
1 Oikos triple zero yogurt
1/4 cup unsweetened almond milk
4 tsp almond/peanut butter
50g blueberries

MEAL 2

634 cal (50P 71C 18F)

2 slices wheat bread
140g tuna (low sodium)
30g Miracle whip (or 15g light mayo)
1 slice low fat provolone
55g avocado
175g baked potato

MEAL 3

600 cal (48P 67C 18F)

1.5 cups unsweetened almond milk
1 Oikos triple zero yogurt
1 scoop whey protein (25-30g)
125g banana (~whole banana)
125g unsweetened blueberries
25g almond/peanut butter

MEAL 4

626 cal (50P 71C 15F)

160g lean pork tenderloin
280g sweet potato
100g mixed vegetables
1 Tbsp Smart Balance butter

Daily Totals

195g Protein
281g Carbs
71g Fat

2,499 Calories

NOTES:

CUT PHASE