

### Eating Schedule (SAMPLE DIET PLAN)

**Daily Needs:** The calories in this diet are broken apart based on 6 different daily meals (Remember you have to keep track of the calories and grams for each nutrient.

1. Base Calories- 2,015 total calories – **NEED TO REMEMBER THAT YOU WANT TO DECREASE TOTAL BODYWEIGHT BY LOSING FAT AND GAINING MUSCLE. THE TIPS TO DO THIS ARE AS FOLLOWS:**
  - For 4 to 5 days each week (especially on off training days and light training days,) reduce your caloric intake by two calories per pound of lean bodyweight as described above. Subtract 194 calories.
  - On the remaining 2 to 3 days each week (especially the heavy training days,) add 2 calories per pound of lean bodyweight to your normal daily caloric intake. Add on 194 calories.
  - Do not forget to adjust your calories upward monthly to reflect new caloric needs of your increased muscle mass
2. 4 to 5 days a week (light training days especially 1,821 total calories)
  - 608 protein calories/ 152 protein grams
  - 304 fat calories/ 34 fat grams
  - 912 carbohydrate calories/ 228 carbohydrate grams
3. 2 to 3 days a week (heavy training days especially 2,209 total calories)
  - 736 protein calories/ 184 protein grams
  - 368 fat calories/ 41 fat grams
  - 1,104 carbohydrate calories/ 276 carbohydrate grams

**Meal 1 (has to be 400 calories 4 to 5 days a week light training days) 450 calories (2 to 3 days a week heavy training days)**

1. ½ to 1 cup of oatmeal no sugar/ with water (best to just get the oats or grits uncooked in a big tub) 1 banana in the oatmeal if wanted
2. 3 to 4 egg whites
3. 1 glass of skim milk 8 oz./1 glass of 100% pure orange juice

**Meal 2 (has to be 255 calories 4 to 5 days a week light training days) 327 calories (2 to 3 days a week heavy training days)**

1. One frozen fruit smoothie
2. 2 to 3 whole eggs ( I know this is probably a tough mix but we have to do it)
3. Almonds or peanuts

**Meal 3 (has to be 255 calories 4 to 5 days a week light training days) 327 calories (2 to 3 days a week heavy training days)**

1. ½ to 1 can of low sodium tuna fish with tbsp. of reduced fat light mayo
2. ½ to 1 cup of brown rice with tbsp. of soy sauce if you want it

**Meal 4 (has to be 400 calories 4 to 5 days a week light training days) 450 calories (2 to 3 days a week heavy training days)**

- **MAKE SURE YOUR GET A LOT OF CARBS BEFORE YOUR WORKOUT**
- 1. 1 to 2 boneless skinless chicken breast
- 2. ½ to 1 cup of green beans/asparagus/broccoli/ or veggie mix
- 3. Romaine lettuce with oil and vinegar

**Optional (Pre-workout snack)- DON'T WORRY ABOUT THE CALORIES THEY WILL BURN RIGHT OFF!**

- Pack of pop-tarts
- 1 cup of pasta with red sauce (stay away from the vodka or creamy sauces)

**Meal 5 (has to be 255 calories 4 to 5 days a week light training days) 327 calories (2 to 3 days a week heavy training days)**

- **REMEMBER THIS IS POST WORKOUT SO YOU WILL GET SOME PROTEIN BUT YOU COULD ALSO USE IT AS YOUR SNACK**
- 1. Protein shake no more than 30 grams of protein in the serving
- 2. Natural peanut butter on Ezekiel bread (one slice)
- 3. Protein bar or cliff bar (might have to cut one of them out because the calories may be too high)

**Meal 6 (has to be 255 calories 4 to 5 days a week light training days) 327 calories (2 to 3 days a week heavy training days)**

- **LATE NIGHT MEAL, SO IT HAS TO BE HIGH IN PROTEIN NOT A LOT OF CARBS WHATSOEVER!**
- 1. One burger Pattie of either lean turkey or ground beef (93 to 96 percent atleast)
- 2. ½ cup of green beans/ spinach/ broccoli

#### **SUPPLEMENTATION**

You just need to stick to two types of supplements for now.

1. Basic Whey protein make sure (sugars/ cholesterol/fats/sodium/carbs are low)
2. Daily multivitamin

