

10:30AM RZone Fitness Workouts.

If you do not like to eat before early AM workouts, deduct the first meal and start your meal pattern after the workout.
If you want to have your 2nd carb at a later meal, go for it.

PROTEIN: LEAN BODY MASS EQUALS YOUR PROTEIN FOR THE DAY 15-25 GRAMS/MEAL (20Z TO 40Z)		COMPLEX CARBS 2 CHOICES: 30 TO 40 GRAMS *FIRST MEAL AND AFTER WORKOUT OR AFTER WORKOUT AND AT ANOTHER MEAL	FIBROUS VEGETABLES: 1 TO 2 CUPS. 2 TO 3X PER DAY	FRUIT: 20 GRAMS 1 TO 3-PER DAY WITH PROTEIN/ VEGETABLE /FAT	ESSENTIAL FATS: 2/3 SERVINGS A DAY /NOTES
MEAL 1 8:30AM 9:30AM	1. Protein Shake.	1. ½ cup of oatmeal			<i>If you do not eat before your workout, start your meal pattern after the workout.</i>
	2. Greek Yogurt.	2. 2 Slices of Ezekiel Bread			
	3. 3 Eggs Scrambled or 3 Hard Boiled.	3. Alpen or Ezekiel Low Sugar Cereal.			
MEAL 2 POST WORKOUT 11:30AM /12:30AM	1. Chicken Breast	1. ½ cup of oatmeal	1. 1 cup of Cauliflower		<i>Or use meal 3 sample before you workout.</i>
	2. Ground Turkey Breast	2. 2 Slices of Ezekiel Bread	2. Asparagus		
	3. Fish	3. Alpen or Ezekiel Low Sugar Cereal.	3. Large Salad		
MEAL 3 2:30AM/ 3:30PM	1. Protein Shake.			1.1 Apple	1. ½ Avocado
	2. Greek Yogurt.	<i>Deduct the favorable complex carb if you have fulfilled 2 carbs for the day.</i>		2. 1 cup of strawberries	2. ¼ cup of nuts
	3. Protein Bar.			3. 1 cup of blueberries	
MEAL 4 5:30PM/ 6:30PM	1. Chicken Breast		1. 1 cup of Cauliflower	1.1 Apple	<i>If you haven't fulfilled your 2nd Smart Carb yet, you can add it here.</i>
	2. Fish	<i>Deduct the favorable complex carb if you have fulfilled 2 carbs for the day.</i>	2. Asparagus	2. 1 cup of strawberries	
	3. Lean Steak or Ground Turkey.		3. Large Salad	1. 1 cup of blueberries	
MEAL 5 8:30PM /9:30PM	1. Protein Shake.			1. 1 cup of blueberries	1.½ Avocado
	2. Greek Yogurt.	<i>Deduct the favorable complex carb if you have fulfilled 2 carbs for the day.</i>		2. 1 Orange	2. ¼ cup of nuts
	3. Protein Bar or ¼ cup of Nuts.			3. 1 cup of strawberries	
MEAL 6 OPTIONAL					

TOTAL: PROTEIN AMOUNT FOR THE DAY IS 80 TO 100 GRAMS.	Total: Complex Carb/Starch Amount for the day is 80 grams- *Post Workout Always	Fibrous Vegetables: 1 to 2 cups x 2 to 3 meals in a day.	Fruits: 1 to 3 – fruits in a day.	Essential Fats: 2 to 3 meals in a day
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- Choose one of the protein choices (1, 2 or 3 for example) with one of the favorable complex carb choices (1,2 or 3 for example) at specific meals.
- Remember your protein intake for the day is based on your INBODY RESULTS SHEET and specifically to your LEAN BODY MASS (LBM). Protein intake is your foundation at every meal.
- Choose one of your favorable complex/favorable carbs at 2 meals for the day. Your favorable complex carb intake will average 30/40 grams x 2 meals in a day. Ideally first meal of the day and after the workout or after the workout and at another meal.
- Remember to review the guidebook for most of your questions.