

## 630PM/645PM 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 2<sup>nd</sup> carb at a later meal, go for it.

	<b>PROTEIN: LEAN BODY MASS EQUALS YOUR PROTEIN FOR THE DAY 15-25 GRAMS/MEAL (20Z TO 40Z)</b>	<b>COMPLEX CARBS 2 CHOICES: 30 TO 40 GRAMS *FIRST MEAL AND AFTER WORKOUT OR AFTER WORKOUT AND AT ANOTHER MEAL</b>	<b>FIBROUS VEGETABLES: 1 TO 2 CUPS. 2 TO 3X PER DAY</b>	<b>FRUIT: 20 GRAMS 1 TO 3-PER DAY WITH PROTEIN/ VEGETABLE /FAT</b>	<b>ESSENTIAL FATS: 2/3 SERVINGS A DAY /NOTES</b>
<b>MEAL 1</b> 7:00AM 8:00AM	1. 3 Eggs Scrambled or 3 Hard Boiled.	<b>1. ½ cup of oatmeal</b>  <b>2. 2 Slices of Ezekiel Bread</b>  <b>3. Alpen or Ezekiel Low Sugar Cereal.</b>			1. ½ Avocado
	2. Protein Shake.				2. ¼ cup of nuts
	3. Cottage Cheese ¾ cup to 1cup.				
<b>MEAL 2</b> 10:00AM /11:00AM	1. Protein Shake.			1.1 Apple	
	2. Greek Yogurt or Cottage Cheese	<i>Deduct the favorable complex carb if you have fulfilled 2 carbs for the day.</i>		2. 1 cup of strawberries	<i>When having the bar, deduct the fruit.</i>
	3. Protein Bar.			3. 1 cup of blueberries	
<b>MEAL 3</b> 12:00AM/ 2:00PM	1. Chicken Breast or Turkey Breast.		1. Asparagus		1. ½ Avocado
	2. Fish.		2. 1 cup of Cauliflower		2. ¼ cup of nuts
	3. Lean Steak.	<b>Note:</b> <i>If you haven't had your favorable carb, place at Meal 2 or this meal time.</i>	3. Large Salad		
<b>MEAL 4</b> 3:00PM/ 5:00PM	1. Protein Shake.			1.1 Apple	
	2. Greek Yogurt or Cottage Cheese.	<i>Deduct the favorable complex carb if you have fulfilled 2 carbs for the day.</i>		2. 1 cup of strawberries	<i>When having the bar, deduct the fruit</i>
	3. Protein Bar.			3. 1 cup of blueberries	
<b>MEAL 5</b> 6:00PM (OPTIONAL)	1. Protein Shake.			1. 1 cup of blueberries	
	2. Greek Yogurt or Cottage Cheese.	<i>Deduct the favorable complex carb if you have fulfilled 2 carbs for the day.</i>		2. 1 Orange	1. ¼ cup of nuts
	3. Protein Bar.			3. 1 cup of strawberries	
<b>MEAL 6</b> 8:00PM /8:30PM POST WORKOUT	1. Chicken Breast or Turkey Breast.	<b>1. Bake Potato or Sweet Potato: Fist Size</b>  <b>2. ¾ cup of brown, wild rice.</b>  <b>3. ¾ cup of Quinoa</b>	1. Asparagus		1. Avocado
	2. Fish.		2. 1 cup of Cauliflower		2. ¼ cup of nuts
	3. Lean Steak.		3. Large Salad		

<b>TOTAL: PROTEIN AMOUNT FOR THE DAY IS 80 TO 100 GRAMS. *PROTEIN INTAKE FOR THE DAY IS BASED ON YOUR LEAN BODY MASS.</b>	<b>Total: Complex Carb/Starch</b> Amount for the day is 80 grams- *Post Workout Always	<b>Fibrous Vegetables:</b> 1 to 2 cups x 2 to 3 meals in a day.	<b>Fruits:</b> 1 to 3 – fruits in a day	<b>Essential Fats:</b> 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.
  - Email questions to glenn@rzonefitness.com