

7:30PM 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 7:00AM 8:00AM	1. 3 Eggs Scrambled or 3 Hard Boiled.	1. ½ cup of oatmeal			1. ½ Avocado
	2. Protein Shake.		2. 2 Slices of Ezekiel Bread		2. ¼ cup of nuts
	3. Cottage Cheese ¾ cup to 1cup.		3. Alpen or Ezekiel Low Sugar Cereal.		
MEAL 2 10:00AM /11:00AM	1. Protein Shake.				
	2. Greek Yogurt or Cottage Cheese	<i>Deduct the favorable complex carb if you have fulfilled 2 carbs for the day.</i>			<i>When having the bar, deduct the fruit.</i>
	3. Protein Bar.				
MEAL 3 12:00AM/ 1:00PM	1. Chicken Breast or Turkey Breast.		1. Asparagus		1. ½ Avocado
	2. Fish.	<i>Deduct the favorable complex carb if you have fulfilled 2 carbs for the day</i>	2. 1 cup of Cauliflower		2. ¼ cup of nuts
	3. Lean Steak.	Note: If you haven't had your favorable carb, place at this mealtime.	3. Large Salad		
MEAL 4 3:00PM/ 4:00PM	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.			1. 1 cup of blueberries	
MEAL 5 6:00PM /6:30PM	1. Chicken Breast		1. Asparagus	1. 1 cup of blueberries	1.½ Avocado
	2. Fish	<i>Deduct the favorable complex carb if you have fulfilled 2 carbs for the day.</i>	2. 1 cup of Cauliflower	2. 1 Orange	2. ¼ cup of nuts
	3. Lean Steak		3. Large Salad	3. 1 cup of strawberries	<i>Meal 4 sample can be applied here as well.</i>
MEAL 6 9:00PM /9:30PM POST WORKOUT	1. Chicken Breast	1. Bake Potato or Sweet Potato: Fist Size	1. 1 cup of Cauliflower		
	2. Fish	2. ¾ cup of brown, wild rice.	2. Asparagus		1. ¼ cup of nuts
	3. Lean Steak	3. ¾ cup of Quinoa	3. Large Salad		

TOTAL: PROTEIN AMOUNT FOR THE DAY IS 80 TO 100 GRAMS. *PROTEIN INTAKE FOR THE DAY IS BASED ON YOUR LEAN BODY MASS.	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.
 - Email questions to glenn@rzonefitness.com