

## 9:30AM 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 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> 8:30AM 9:00AM	1. Protein Shake.			1.1 Apple	
	2. Greek Yogurt.	<i>Deduct the complex Carb if you cannot eat before workout</i>		2. 1 Banana	<i>*If You would like to add your smart carb here, go for it.</i>
	3. Almond Butter 2 Tablespoon or ¼ cup of nuts.			3. 1 Orange or 1 cup of blueberries.	
<b>MEAL 2</b> POST WORKOUT 11:30AM /12:30AM	1. 3 Eggs Scrambled or 3 Hard Boiled.	<b>1. ½ cup of oatmeal</b>			
	2. Protein Shake.	<b>2. 2 Slices of Ezekiel Bread</b>			
	3. Cottage Cheese ¾ cup to 1cup.	<b>3. Alpen or Ezekiel Low Sugar Cereal.</b>			
<b>MEAL 3</b> 2:30AM/ 3:30PM	1. Chicken Breast or Turkey Breast.	<b>1. Bake Potato or Sweet Potato: Fist Size</b>	1. Asparagus		1. ½ Avocado
	2. Fish.	<b>2. ¾ cup of brown, wild rice.</b>	2. 1 cup of Cauliflower		2. ¼ cup of nuts
	3. Lean Steak.	<b>3. ¾ cup of Quinoa</b>	3. Large Salad		<i>If you would like to deduct the smart carb here and have it another meal, go for it.</i>
<b>MEAL 4</b> 5:30PM/ 6:30PM	1. Protein Shake.			1.1 Apple	
	2. Greek Yogurt.	<i>Deduct the favorable complex carb if you have fulfilled 2 carbs for the day.</i>		2. 1 cup of strawberries	
	3. Protein Bar.			1. 1 cup of blueberries	
<b>MEAL 5</b> 8:30PM /9:30PM	1. Chicken Breast		1. 1 cup of Cauliflower	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. Asparagus	2. 1 Orange	2. ¼ cup of nuts
	3. Lean Steak		3. Large Salad	3. 1 cup of strawberries	
<b>MEAL 6</b> OPTIONAL					

<b>TOTAL: PROTEIN AMOUNT FOR THE DAY IS 80 TO 100 GRAMS.</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.
- Need help? Glenn@rzonefitness.com*