RZONE FITNESS

7:00–7:10 PM WORKOUTS

If you do not like to eat before early AM workouts, deduct the first meal and start your meal pattern after the workout.

PRE-WORKOUT FUELING

EAT BEFORE YOU TRAIN

When possible, have a balanced meal with lean protein + a quality complex carbohydrate.

NO TIME? GO LIGHT

If a full meal isn't practical, choose a mini meal with protein + fruit + a healthy fat, such as ¼ cup of nuts.

DON'T TRAIN EMPTY

Fueling helps maintain energy and reduces the risk of feeling lightheaded during your workout.

PROPER FUELING SUPPORTS A STRONGER WORKOUT

	PROTEIN 20–30 GRAMS/ MEAL (3oz–4oz) Lean body mass = Your daily intake	COMPLEX CARBS 30–40 GRAMS 2 Servings/ day First meal + post-workout, OR post-workout + another meal.	FIBROUS VEGETABLES 1–2 CUPS/ SERVING Choose 2–3x per day	FRUIT 1–3 SERVINGS/ DAY Pair with protein, vegetables and good fats	ESSENTIAL FATS 2–3 SERVINGS/ DAY Choose preferred options
MEAL 1 7:00 AM– 9:00 AM	1 3 Eggs Scrambled or 3 Hard Boiled 2 Protein Shake 3 Cottage Cheese (3/4 – 1 Cup)	1 Oatmeal (1/2 Cup) 2 Ezekiel Bread (2 Slices) 3 Low Sugar Cereal			
MEAL 2 10:00 AM– 12:00 PM	1 Protein Shake 2 Greek Yogurt 3 Almond Butter (2 Tbsp) or 1/4 cup of nuts	*Deduct the favorable complex carb if you have fulfilled 2 carbs for the day.*		1 1 Apple 2 1 Banana 3 1 Orange/ Blueberries (1 Cup)	
MEAL 3 1:00 PM– 3:00 PM	1 Chicken/ Turkey Breast 2 Fish 3 Lean Steak	*Deduct the favorable complex carb if you have fulfilled 2 carbs for the day.* *NOTE: If you haven't had your favorable carb, add it to this meal.*	1 Asparagus 2 Cauliflower (1 Cup) 3 Large Salad	1 Blueberries (1 Cup) 2 1 Orange 3 Strawberries (1 Cup)	1 1/2 Avocado 2 Nuts (1/4 Cup)
MEAL 4 4:00 PM– 5:00 PM *Pre-workout*	1 Cottage Cheese (3/4 – 1 Cup) 2 Greek Yogurt 3 Protein Shake/ Bar	*Deduct the favorable complex carb if you have fulfilled 2 carbs for the day.*		1 1 Apple 2 Strawberries (1 Cup) 3 Blueberries (1 Cup)	1 Nuts (1/4 Cup)
MEAL 5 8:30 PM– 8:45 PM *Post-workout*	1 Chicken/ Turkey Breast 2 Fish 3 Lean Steak	1 Baked Potato/ Sweet potato (Fist Size) 2 Brown/ Wild rice (3/4 Cup) 3 Quinoa (3/4 Cup)	1 Asparagus 2 Cauliflower (1 Cup) 3 Large Salad		1 1/2 Avocado 2 Nuts (1/4 Cup)

PROTEIN:	COMPLEX CARBS:	FIBROUS VEGETABLES:	FRUIT:	ESSENTIAL FATS:
90–120g per day	80g per day **Post workout always*	1–2 Cups x 2–3 meals per day	1–3 Fruits 20–60 grams per day	2–3 Meals per day

- 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 specific meals.
- Your protein amount is based on your LEAN BODY MASS (LBM) as shown in your INBODY RESULTS SHEET. Protein intake is foundational for every meal.
- Choose ONE of your favorable complex/ favorable carbs at 2 meals for the day. Your 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 and to see more variety in food options.

NEED HELP?

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