

# Example of Detailed Meal Plan

## Items for consumption:

- ½ cup of almonds=276 calories
- Protein bar=200 calories
- 5oz ck breast=276 calories
- 1 cup of brown rice=216 calories
- Whey protein shake in water= 100 calories
- 1 cup of egg whites=125 calories
- Asparagus=27 calories
- ½ cup dry oatmeal=150 calories
- Casein protein shake= 120 calories
- 4 slices of apple=95 calories
- 2 tbsp of peanut butter=188calories

# Order of Consumption

- Prior to morning workout: 4 slices apple, 2 tbsp of peanut butter=283 calories
- After morning workout(breakfast)= 1 cup egg whites + ½ cup dry oatmeal=275 calories
- Snack 1: ⅓ cup of almonds=276 calories
- Lunch: 5oz ck breast + 1 cup of brown rice + asparagus=492 calories
- Snack 2: Protein bar=200 calories
- After 4th period workout: Whey Protein(quick release) shake in water=100 calories or 32 oz. glass of chocolate milk
- Dinner= 5oz ck breast + 1 cup of brown rice + asparagus =492
- Before Bed: Casein Protein (slow release) shake in water=120 calories

Caloric Total: 2,292