

Suggested Diet Routine (Example Food Choices) =

- Breakfast Meal = Meal One: 2 Servings of Quaker's Instant Organic Oatmeal (2 packs at 41 grams each) (55 grams of carbohydrates), (13 grams of protein), and (5 grams of fat) (Total Calories = 317). Mix Oatmeal into 1 Cup of Skim Milk (12 grams of carbohydrates), (9 grams of protein) and (.5 grams of fat) (Total Calories = 86). 1 Medium Size Apple (25 grams of carbohydrates), (.5 grams of protein) and (traces of insignificant amounts of fat) (Total Calories = 102). 3 Extra Large Hard Boiled Eggs (trace amounts of Carbohydrates), (21 grams of protein), and (16 grams of fat) (Total Calories = 228). Drink 10 ounces of Water **Total Sum = 92 grams of carbohydrates, 368 calories; 44 grams of protein, 174 calories; and 21.5 grams of fat, 194 calories: TOTAL MEAL = 736 calories**
- Mid-Morning Snack = Meal Two: 1 Grilled Chicken Breast Sandwich made from one 4 oz. of Chicken Breast (no skin, baked, grilled) (23 grams of protein), and (1 grams of fat) (adding barbeque sauce gives an additional 50 calories) (Total Calories with sauce = 151). 2 pieces of Whole Foods Market Gluten Free Bakehouse All-Natural Sandwich Bread, (23 grams of carbohydrates), (5 grams of protein), and (1.5 grams of fat) (Total Calories = 125.5). 1 slice of Low Fat American Cheese (4.5 grams of protein), (2.5 grams of carbohydrates) and (3 grams of fat) (Total Calories = 55). Drink 10 ounces of Water, **Total Sum = 38 grams of carbohydrates, 152 calories; 32.5 grams of protein, 130 calories; and 5.5 grams of fat. 50 calories: TOTAL MEAL = 332 calories.**
- Lunch Meal = Meal Three: 8 oz. of Chicken Breast (no skin, baked, grilled) with 1 cup of Brown Rice and choice of ½ cup steamed vegetables (60 grams of carbohydrates, 240 calories), (53 grams of protein, 212 calories) and (4 grams of fat, 36 calories) (Total Calories = 488). Drink 10 ounces of Water. **Total Sum = 60 grams of carbohydrates, 240 calories; 53 grams of protein, 212 calories; and 4 grams of fat, 36 calories: TOTAL MEAL = 488 calories.**
- Pre Work – Out Meal (start to eat 45 - 60 minutes prior to work out) Meal Four: 1 Serving of a Nature Valley Oats and Honey Crunchy Granola Bar (1 serving is two bars in one package), (29 grams of carbohydrates), (4 grams of protein), and (6 grams of fat) (Total Calories = 186 calories). Add 2 Tablespoons of Low Fat Peanut Butter (12 grams of carbohydrates), (9 grams of protein) and (12 grams of fat) (Total Calories = 192) Drink 10 ounces of Water. **Total Sum = 41 grams of carbohydrates, 164 calories; 13 grams of protein, 52 calories; 18 grams of fat, 162 calories: TOTAL MEAL = 378 calories.**
- During Work – Out Supplementation Meal Five: 1 Cup of Organic Grape Juice and 1 Cup of mixed blend of Organic Berry and Pomegranate Juice, (70 grams of carbohydrates), (1 gram of protein), and (traces of insignificant amounts of fat (Total Calories = 284) Add 1 scoop of 20 grams of Protein Whey Isolate, (8 grams of carbohydrates), (20 grams of protein) and (2 grams of fat) (Total Calories = 130). Add 20 ounces of Water and drink throughout the work out. **Total Sum = 78 grams of carbohydrates, 312 calories; 21 grams of protein, 84 calories; and 2 grams of fat, 19 calories: TOTAL MEAL = 415 calories.**
- Post Work – Out Meal = Meal Six: 2 Scoops of Protein (16 grams of Carbohydrates), (40 grams of protein) and (4 grams of fat) Add 10 ounces of Water mix and drink. 1 Banana (27 grams of carbohydrates), (1 gram of protein), and (.5 grams of fat) (Total Calories = 115) **Total Sum = 43 grams of carbohydrates, 172 calories, 41 grams of protein, 164 calories; 4.5 grams of fat, 40.5 calories: TOTAL MEAL = 377 calories.**
- Dinner = Meal Seven: Spaghetti Dinner, included: (3 cups of cooked pasta, 1 ½ cups of low fat ground turkey, and ¾ cups of spaghetti sauce): (154 grams of carbohydrates), (79 grams of protein), and (21 grams of fat). 2 Slices of Wheat Toast with light butter: (35 grams of carbohydrates), (12 grams of protein), and (6 grams of fat). Drink 12 ounces of Water. **Total Sum = 189 grams of carbohydrates, 756 calories; 91 grams of protein, 364 calories; and 18 grams of fat, 162 calories: TOTAL MEAL = 1282 calories.**
- Evening Protein Supplement = Meal Eight: Protein 2 Scoops of Protein Whey (16 grams of Carbohydrates), (40 grams of protein) and (4 grams of fat). Add 1 cup of sliced Strawberries, ¼ cup of Grape Juice, 1 small Orange, ½ of a Banana, and 2 cups of ice (45 grams of carbohydrates), (3.5 grams of protein), and (1.5 grams of fat). **Total Sum = 61 grams of carbohydrates, 244 calories; 43.5 grams of protein, 174 calories; and 5.5 grams of fat 50 calories: TOTAL MEAL = 468 calories.**