

Nutrition

## Summary

Two meal types, carb-heavy and fatty, eaten every 2-4 hours. Carbs are to be eaten in the morning and post-workout when insulin sensitivity is high. Green veggies are largely fiber, and therefore fine with the fatty meals. Workout nutrition is ideally all liquid.

<b>Your Daily Caloric Goal:</b>			<b>2440</b>
	Percentage	Calories	Grams
Carbs	30%	720	180.0
Proteins	41%	1000	250.0
Fats	30%	720	80.0

## Daily Meal Plan

Carbs		Protein		Fats		Calories
kCals	Grams	kCals	Grams	kCals	Grams	
<b>Breakfast: Carbohydrates and Protein</b>						
240	<b>60.0</b>	200	<b>50.0</b>			440
<b>Morning Snack: Carbohydrates and Protein</b>						
240	60.0	200	50.0			440
<b>Late Lunch: Protein, Fats, and Green Veggies</b>						
		200	50.0	360	<b>40.0</b>	560
<b>Workout Nutrition: Carbohydrates and Protein</b>						
240	60.0	200	50.0			440
<b>Dinner: Protein, Fats, and Green Veggies</b>						
		200	50.0	360	40.0	560
kCals	Grams	kCals	Grams	kCals	Grams	
Carbs		Protein		Fats		Calories

## Weekly

Have one free day a week, but remain under or close to the caloric total. Don't use your cheat day as an excuse to be stupid.

Weekly macronutrient totals are listed to the right. Plan your meals in advance, then use that food plan to build your grocery list. Prepare and cook several days' worth of food in advance, and then refrigerate the next day's meals and freeze the rest.

<b>Total Number of Meals Per Week:</b>	<b>30</b>
<b>Morning Carb-Heavy Meals:</b>	<b>12</b>
<b>Afternoon and Evening Fatty Meals:</b>	<b>12</b>
<b>Workout Nutrition Meals:</b>	<b>6</b>
Total Carbohydrate Amount (in Grams):	1080.0
Total Protein Amount (in Grams):	1500.0
Total Fat Amount (in Grams):	480.0