

NUTRITION PLAN

BREAKFAST: 8:30AM

OATMEAL, CINNAMON, COCONUT OIL, EGG WHITES

SNACK: 11:30AM

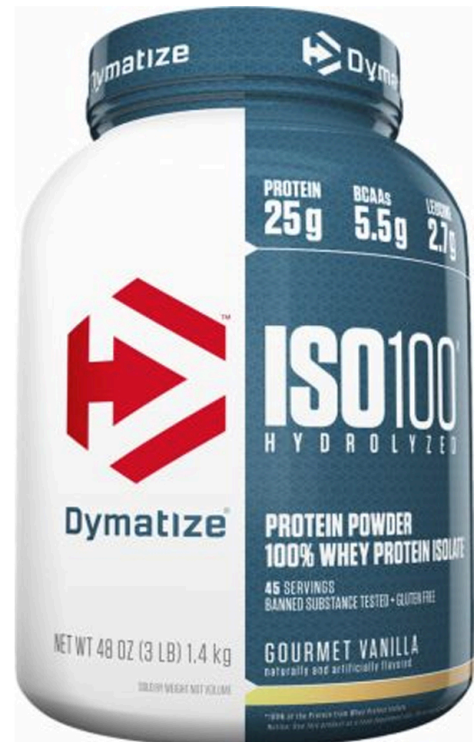
8 ALMONDS AND GRAPEFRUIT

LUNCH: 2:30PM

PROTEIN, LOW CARBS, LOW FATS

SNACK: 4:30PM

RED APPLE W/ PEANUT BUTTER



DINNER/1 HOUR AFTER WORKOUT: 6:30PM

PROTEIN, LOW CARBS, LOW FATS

PROTEIN SOURCES

GRASSFED BISON/BEEF
SALMON
CHICKEN
LIGHT TUNA
*EGGS
*QUINOA
*EDAMAME
*LENTILS

CARBS SOURCES

YAMS/SWEET POTATOES
BROWN RICE
JASMINE RICE
PASTA
BEANS AND LENTILS
BROCOLI/CAULIFLOWER
KALE/SPINACH
ASPARAGUS

FATS SOURCES

1/2 AVOCADO
CHEESE
COCONUT OIL
FLAXSEEDS
WHOLE EGGS
WALNUTS
CHIA SEEDS
EXTRA VIRGIN OLIVE OIL

*DRINK AT LEAST 1/2 GALLON OF WATER DAILY... * DRINK DYMATIZE ISO 100 IMMEDIATELY AFTER WORKOUT