

Meal Plan: 1600 Calories

Meal #1 (breakfast)	Protein(grams)	Carbs (grams)	Fats (grams)	Calories
Advocare Meal Replacement Shake	24	24	3	220
Medium Banana	0	25	1	100
Totals:	24	49	4	320

Meal #2 (am snack)	Protein(grams)	Carbs (grams)	Fats (grams)	Calories
Apple	0	19	0	72
15 Almonds	5	4	11	123
Totals:	5	23	11	195

Meal #3 (lunch)	Protein(grams)	Carbs (grams)	Fats (grams)	Calories
5 ounces lean meat	39	0	3	187
1 Serving Fruit	1	24	0	100
1 Serving Vegetables	5	15	0	80
Totals:	45	39	3	367

Meal #4 (Snack)	Protein(grams)	Carbs (grams)	Fats (grams)	Calories
Advocare Meal Replacement Bar	16	28	3	215
Totals:	16	28	3	215

Meal #5 (Supper)	Protein(grams)	Carbs (grams)	Fats (grams)	Calories
5 Ounces Lean Meat	39	0	3	186
1 Cup Vegetables	5	20	1	109
Totals:	44	20	4	295

Meal #6 (Post Workout)	Protein(grams)	Carbs (grams)	Fats (grams)	Calories
Advocare Post Workout Recovery (1 ½ Scoops)	9	27	2	165
Totals:	9	27	1	165

***Post Workout will only be taken after workouts.**

	Protein(grams)	Carbs (grams)	Fats (grams)	Calories
Daily Totals:	143	186	26	1557
Percentage of daily calories:	37%	47%	14%	