

Meal Plan: 1900 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
1 Tbsp natural PB	4	3	8	94
1 cup skim milk	9	12	1	86
Totals:	37	64	13	500

Meal #2 (am snack)	Protein(grams)	Carbs (grams)	Fats (grams)	Calories
Apple	0	19	0	72
20 Almonds	7	6	14	178
1 scoop muscle gain	13	2	1	65
Totals:	20	27	15	315

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 (2 Scoops)	12	36	3	220
Totals:	12	36	3	220

*Post Workout will only be taken after workouts.

	Protein(grams)	Carbs (grams)	Fats (grams)	Calories
Daily Totals:	174	214	41	1912
Percentage of daily calories:	37%	45%	17%	