

Meal Plan: 1300 Calories

Meal #1 (breakfast)	Protein(grams)	Carbs (grams)	Fats (grams)	Calories
Advocare Meal Replacement Shake	24	24	3	220
Totals:	24	24	3	220

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 Snack Bar	10	18	2	140
Totals:	10	18	2	140

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 Scoop)	6	18	1	110
Totals:	6	18	1	110

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

	Protein(grams)	Carbs (grams)	Fats (grams)	Calories
Daily Totals:	134	142	24	1327
Percentage of daily calories:	40%	42%	15%	