

Meal Plan: 2200 Calories

Meal #1 (breakfast)	Protein(grams)	Carbs (grams)	Fats (grams)	Calories
Advocare MRS	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
2 scoops muscle gain	26	4	2	130
Totals:	33	29	16	380

Meal #3 (lunch)	Protein(grams)	Carbs (grams)	Fats (grams)	Calories
5 ounces lean meat	39	0	3	187
2 whole grain bread	8	27	3	164
1 Serving Fruit	1	24	0	100
1 Serving Vegetables	5	15	0	80
Totals:	53	66	6	531

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
½ cup brown rice	3	20	2	110
1 Cup Vegetables	5	20	1	109
Totals:	47	40	6	405

Meal #6 (Post Workout)	Protein(grams)	Carbs (grams)	Fats (grams)	Calories
Advocare Post Workout (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:	198	263	47	2251
Percentage of daily calories:	35%	47%	18%	