



Menu Formula

Breakfast (Energy & Load First)

AM Vitamins + 1 Protein + 1 Complex Carb + 1 Healthy Fat + Veggie

Example:

- Omlette (Protein & Veggie)
- Oats (Complex Carb)
- Peanut Butter (Fat)

Example:

- Eggs (Protein)
- Roasted Sweet Potatoes & Cauliflower (Complex Carb & Veggie)
- Olive Oil - for roasting (Fat)

Morning Snack (2-3 hours after breakfast)

1 Protein + ½ Complex Carb or 1 Healthy Fat

Example:

- Tuna (Protein)
- Avocado Mayo (Fat)
- Cucumber (Unlimited Veggie)

Example:

- Chicken (Protein)
- Apple (Complex Carb)

Lunch (2-3 hours after snack)

1 Protein + 1 Complex Carb + 1 Healthy Fat + Veggie

Example:

- Chicken (Protein)
- Whole Wheat Pita Wrap (Complex Carb)
- Avocado Mayo (Fat)
- Celery Sticks (Unlimited Veggie)

Example:

- Ground Beef (Protein)
- Black Beans (Complex Carb)
- Salad Greens (Unlimited Veggie)
- Oil Based Dressing (Fat)

Mid Afternoon Snack (2-3 hours after lunch)

1 Protein + ½ Complex Carb or 1 Healthy Fat

Example:

- Hard Boiled Eggs (Protein)
- Berries (Complex Carb)

Example:

- Fresh Deli Meat (Protein)
- Almonds (Fat)

Dinner

PM Vitamins + 1 Protein + 1 Healthy Fat + Veggie

Example:

- Beef (Protein)
- Asparagus (Unlimited Veggie)
- Grass-fed Butter (Fat)

Example:

- Seasoned Chicken (Protein)
- Broccoli (Unlimited Veggie)
- Olive Oil for cooking (Fat)