

Meal plan options

Meal Time	Choice 1	Choice 2	Choice 3
Pre Workout Or Breakfast	3-4 egg whites Tea with 4-8 equal and maybe 2 tbs of 2% milk depending on the tea	Hemp protein with water – may blend in some fruit but if I have time.	Oatbran serving
Post Workout Or snack	small to med green apple with ¼ cup raw filberts	8 oz sweet potato (boiled, nuked, baked)	1 cup of non fat plain yogurt (may drop this closer to show) and may have a pc of fruit, or not.
Lunch	3 oz nuked/steamed tilapia 1 cup cooked quinoa ¼ cup measured steamed/nuked spinach	3 oz grilled chicken 1 cup cooked brown rice wild mix ½ cup green beans	Fish or chicken..... 2-4 baby potato boiled or steamed ½ cup steamed broc
Snack	½ can of green beans or asparagus	Green apple with a tbs pb	1/4 cup measured steamed/nuked <i>spinach</i>
Dinner	3 oz grilled chicken 1-2 cups greens raw with a tbs efa and vinegars (balsamic and apple cider) 1 cup cooked brown rice wild mix Taking Cutter now and adding Watertight soon.	3 oz grilled tilapia ¼ cup steamed/nuked spinach 2-4 baby potato boiled or steamed Both PVL products	Fish or chicken 1 cup steamed broc 1 cup cooked quinoa

- If I don't feel great to my tummy in the morning for pre workout or even other times of the day, I usually have a ¼ to a full cup non fat yogurt, plain.
- Calories are around 2000 per day, maybe a tad under if I don't do the last snack, so from 1600+ to 2000 avg cals per day, varied by choices. Protein hovering around 25% or 125gm, carbs at about 43% or 220g and fat at about 32% or 75gm per day when on the higher end of cals.
- 7 days per week with a slight one meal cheat.
- Using PVL protein bars until North Coast Naturals Hemp protein is in.
- Try for 2-3 liters water per day including the tea or crystal light.

Supplements

Multi, 2000iu Vit D, 5 gm PVL GLT3 or North Coast Natural fermented Vegan Glutamine, 5 gm PVL Creatine, North Coast Natural Calcium, PVL MCT oil, North Coast Naturals hemp protein

I will finish my curcumin, coleus, glucosamine, bcaa and not get those anymore as well as the lung tea.

Finished the Ripped Freak by PVL and it got me super lean already!