



The basis of this protocol is to strategically give you the right type of energy at specific times to keep your body in a fat-burning state while maintaining lean muscle mass and regulating your body’s hormones so you don’t stall out. This is done by maintaining a sustainable and consistent caloric deficit through keeping food volume high but strategically adjusting macros to create and maintain a fat-burning state. One of the staples is to drink water...at least one gallon per day. If you haven’t drank a gallon of water in a single day before, it may be difficult at first so I recommend pacing yourself throughout the day. I also recommend drinking straight from a gallon jug so you know exactly how much water you’re getting in without having to estimate. This protocol is designed around a 4pm workout/practice. The general idea is to eat your carbohydrates in the meal after your main workout, so adjust the carbohydrate portion (Part 2 for Dinner) accordingly depending on the timing of your workout

This nutrition protocol contains food lists for each meal, and the food lists contain parts. For each meal, choose 1 food option from each part (except for vegetables, eat as much as you like!) For example, a lunch could be 7 oz of chicken (from Part 1) stuffed with peppers (from Part 3) on a bed of spinach (from part 3), ½ an avocado (from Part 2), and a side of broccoli (from Part 3). If you are using condiments and sauces, *always* measure. Read the labels and make sure you aren’t getting more carbs, fats, or sodium than you want!

Finally, because I have NEVER supported diet plans that don’t allow for freedom, this protocol *REQUIRES* you to have 1 cheat meal per weekend. This cheat meal is a single sit-down eating time to eat whatever you want. THIS DOES NOT MEAN THE WHOLE DAY, just one single meal. Remember, your food’s purpose is to fuel your body towards accomplishing your goals.

<b>Breakfast: Protein &amp; Fat</b>	<b>Lunch: Protein, Fat, Veggies</b>	<b>Dinner: Protein, Carb, Veggies</b>
Timing: Around 6-8 am	Timing: Around 12pm (noon)	Timing: Around 6-8 pm
Part 1: 6-8 oz Chicken, 1 Serving Turkey Sausage, OR 4 oz Ham	Part 1: 6-8 oz Chicken, 6-8 oz Beef/Hamburger, OR 6-8 oz Fish	Part 1: 6-8 oz Chicken, 6-8 oz Turkey, OR Low Carbohydrate Protein Shake
Part 2: 2-3 eggs	Part 2: ½ Avocado OR ½ cup of plain Almonds	Part 2: 1-2 Servings (around 30-50 g) of quinoa, steel cut oats, sweet potato, brown rice, OR whole wheat pasta
	Part 3: Peppers, Salad Greens, Broccoli, Spinach, Asparagus, Mushrooms, Onions *Can mix and match *Eat as much as you see fit	Part 3: Peppers, Salad Greens, Broccoli, Spinach, Asparagus, Mushrooms, Onions *Can mix and match *Eat as much as you see fit
<b>Pre-Workout Meal: Simple Carb &amp; Fat</b>		
Timing: 15 to 30 minutes before main workout		
Part 1: ½ Apple or 1 Banana		
Part 2: 2 Tbsp Peanut Butter OR ½ cup of plain Almonds		

\*At either 10am or 2pm, get in a 25g protein low-carb snack  
\*If using condiments/sauces, MEASURE. Read your labels!