

Name: _____
Weight: _____ Body Fat %: _____
Date: _____ Goal: _____
Follow Up Appointment #1: _____
Follow Up Appointment #2: _____
Follow Up Appointment #3: _____

Time: _____ Meal 1

Protein: _____ Veggies: _____

Carbs: _____

Supplements: _____

Time: _____ Meal 2

Supplements: _____

Time: _____ Meal 3

Protein: _____ Veggies: _____

Carbs: _____

Supplements: _____

Time: _____ Meal 4

Supplements: _____

Time: _____ Meal 5

Protein: _____ Veggies: _____

Carbs: _____

Supplements: _____

Time: _____ Meal 6

Supplements: _____

Before Workout:

BCAA: _____ Pre-Workout: _____

Carb: _____

During Workout:

BCAA: _____ Intra-Workout: _____

Carb: _____

After Workout:

BCAA: _____ Glutamine: _____

Carb (if needed): _____

Protein One Serving Size: Palm of Hand

- Chicken Breast
- Turkey Breast
- Ground Turkey
- Any White Fish
- Tuna/Ahi Tuna
- Pork Chop (lean)
- Protein Powder
- Tri-tip Steak
- Top Round Steak
- Lean Ground Beef
- Salmon
- Cottage Cheese
- Eggs
- Muscle Egg™

Carbs One Serving Size: Clenched Fist

- Brown/White Rice
- Sweet Potato/Yam
- Whole Wheat Pasta
- Sprouted Grain Bread
- Cream of Wheat
- Low Sugar Granola
- Quinoa
- Oatmeal
- Red Potato
- Beans
- Whole Grain Tortilla
- Fruit
- Carb Powder

Veggies One Serving Size: Unlimited

- Artichoke
- Squash
- Green Beans
- Broccoli
- Green Peppers
- Asparagus
- Spinach
- Zucchini
- Kale
- (NO Corn or Carrots)

Suggested Healthy Fats

Avocado ▪ Flaxseed Oil ▪ Fish Oil ▪ Olive Oil
Coconut Oil ▪ MCT Oil ▪ Unsalted Nuts
G Butter ▪ Natural Peanut Butter ▪ Almond Butter

Suggested Condiments

Garlic Powder ▪ Pepper ▪ Sea Salt ▪ Mrs. Dash
Any Low-Sodium Seasoning ▪ Spray Butter
PAM ▪ Low-Sugar BBQ Sauce ▪ Low-Sodium Soy Sauce
Balsamic Vinaigrette ▪ Smart Beat Mayo
Flavor God ▪ Mustard ▪ Splenda ▪ Stevia

There may be more, consult us with any questions!

Suggested Healthy Snacks

- Greek Yogurt
- Almonds
- Protein Popcorn
- Protein Pizza
- G Butter™
- Source™ Bar
- Source™ Cookies
- Rice Cakes

*This information is not intended as a substitute for individual, professional advice or medical advice in diagnosing, treating or curing a health issue or disease. Please consult your doctor, health care provider, or other health care professional including a certified nutritionist before beginning a new diet, exercise or supplement regimen, especially if you have a pre-existing medical condition.