

THE WORKOUT NUT MEAL PLAN

"LEAN & STRONG" for Women

HEAVY DAY

WAKE UP - 6:00AM

2-3 oz lean meat
1 oz mixed nuts
1 gram omega-3 fish oil

PRE-WORKOUT - 6:30AM

1 small banana
5 grams BCAA's

INTRA-WORKOUT - 7:15AM

5 grams BCAA's

POST-WORKOUT - 8:00AM

5 grams BCAA's
20 grams Whey Isolate
2 tsp chocolate syrup
1 gram omega-3 fish oil
1 multi-vitamin

BREAKFAST - 9:30AM

2 whole eggs
1 egg white
½ cup oatmeal

LUNCH - 12:00PM

4 oz chicken breast
½ cup beans
1 cup shredded cabbage
2 tbsp pico de gallo
2 whole grain corn tortillas
½ avocado sliced

MID-DAY SNACK - 2:00PM

4 oz 2% Greek Yogurt
1 tbsp Organic Nut Butter

DINNER - 5:00PM

4 oz organic lean sirloin
1 cup broccoli
1 small sweet potato

BEDTIME - 8:30PM

¼ cup low-fat cottage cheese
1 gram omega-3 fish oil

HEART RATE DAY

WAKE UP - 6:00AM

2-3 oz lean meat
1 oz mixed nuts
1 gram omega-3 fish oil

PRE-WORKOUT - 6:30AM

5 grams BCAA's
½ apple

INTRA-WORKOUT - 7:15AM

5 grams BCAA's

POST-WORKOUT - 8:00AM

5 grams BCAA's
20 grams Whey Isolate
1 gram omega-3 fish oil
1 multi-vitamin

BREAKFAST - 9:30AM

¼-½ cup oatmeal
2 egg whites
1 whole egg

LUNCH - 12:00PM

4 oz lean chicken, turkey
¼ cup garbanzo beans
2 cups mixed greens salad
2 tbsp oil & vinegar

MID-DAY SNACK - 2:00PM

15 grams whey protein
8 oz unsweetened vanilla almond milk
1 oz mixed nuts

DINNER - 5:00PM

4 oz salmon
1 cup asparagus
¼ cup faro

BEDTIME - 8:30PM

10 grams protein
8 oz unsweetened vanilla almond milk

DAY OF REST

Meal 1 - 8:00AM

2-3 oz lean meat
1 oz mixed nuts
1 gram omega-3 fish oil

Breakfast - 9:30AM

2 egg omelet + 1 egg white
1 cup spinach
1 pieces sprouted grain toast
1 cup black coffee

Meal 3 - 11:00AM

4 oz 2% Greek yogurt
¼ cup blueberries

Lunch - 12:30PM

4 oz water packed tuna
2 cups mixed greens
¼ cup red kidney beans

Meal 5 - 2:00PM

1 tbsp nut butter
½ small green apple

Meal 6 - 3:30PM

10 grams whey protein
8 oz unsweetened vanilla almond milk

Meal 7 - 5:00PM

1 oz mixed nuts
1 cup organic 2% milk

Dinner - 6:30PM

4 oz chicken thighs, no skin
1 cup Brussels sprouts
1 tbsp olive oil or coconut oil

Meal 9 - 8:00AM

2 egg whites
¼ cup mushrooms
1 serving flaxseed oil

