

THE WORKOUT NUT MEAL PLAN

"LEAN & STRONG" for men

HEAVY DAY

WAKE UP - 6:00AM

4-6 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

5-10 grams BCAA's

POST-WORKOUT - 8:00AM

5-10 grams BCAA's
25 grams Whey Isolate
1 tbsp chocolate syrup
1 gram omega-3 fish oil
1 multi-vitamin

BREAKFAST - 9:30AM

2 whole eggs
4 egg whites
1 cup oatmeal

LUNCH - 12:00PM

4-6 oz chicken breast
¾ cup beans
1 cup shredded cabbage
2 tbsp pico de gallo
2 whole grain corn tortillas
½ avocado sliced

MID-DAY SNACK - 2:00PM

6 oz 2% Greek Yogurt
2 tbsp Organic Nut Butter

DINNER - 5:00PM

6-8 oz organic lean sirloin
1-2 cup broccoli
1 medium/large sweet potato

BEDTIME - 8:30PM

½-1 cup low-fat cottage cheese
1 gram omega-3 fish oil

HEART RATE DAY

WAKE UP - 6:00AM

4-6 oz lean meat
1 oz mixed nuts
1 gram omega-3 fish oil

PRE-WORKOUT - 6:30AM

5-10 grams BCAA's
1 small apple

INTRA-WORKOUT - 7:15AM

5-10 grams BCAA's

POST-WORKOUT - 8:00AM

5-10 grams BCAA's
20 grams Whey Isolate
1 gram omega-3 fish oil
1 multi-vitamin

BREAKFAST - 9:30AM

1 cup oatmeal
2 egg whites
2 eggs

LUNCH - 12:00PM

4-6 oz lean chicken, turkey
½ cup garbanzo beans
2 cups mixed greens salad
2 tbsp oil & vinegar

MID-DAY SNACK - 2:00PM

20 grams whey protein
10 oz unsweetened vanilla almond milk
1 oz mixed nuts

DINNER - 5:00PM

6-8 oz salmon
1-2 cups asparagus
¼-½ cup faro

BEDTIME - 8:30PM

10-15 grams whey protein
¼ cup oatmeal
4 oz unsweetened vanilla almond milk

DAY OF REST

Meal 1 - 8:00AM

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

Breakfast - 9:30AM

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

Meal 3 - 11:00AM

6 oz 2% Greek yogurt
¼ cup blueberries

Lunch - 12:30PM

6-8 oz water packed tuna
2 cups mixed greens
½ cup red kidney beans

Meal 5 - 2:00PM

1 tbsp nut butter
1 small green apple

Meal 6 - 3:30PM

15-20 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

6-8 oz chicken thighs, no skin
1 cup Brussels sprouts
1 tbsp olive oil or coconut oil

Meal 9 - 8:00AM

2-4 egg whites
¼ cup mushrooms
¼ cup oatmeal
1 serving flaxseed oil

