

FLEXIBLE

Upon waking up drink 12 Oz of water with 300mg of B6, 2000mg of CLA, 1000-1500mg of L carnitine, 2000mg of Vitamin c or multivitamin as directed. Take digestive enzymes as directed on the bottle.

One serving of Sugar-free Metamucil any time of the day. Unlimited green veggies throughout the day.

• **ALL PROTEIN TO BE MEASURED AFTER ITS COOKED** • **MEN DOUBLE MEAL PORTIONS NOT SNACKS** •

Breakfast

1.5 cup Special K protein cereal any flavor,
1 cup coconut/almond or cashew milk

Snack 1:

1 scoop isolate protein mixed with water, or 1 cup 45 calorie brands or below coconut, cashew or almond milk.

Lunch:

2 slices 45 calorie bread, 2 oz lunch meat turkey or chicken breast, 1 slice vegan or fat free cheese any flavor, with optional toppings of mustard, 1 slice tomato, pickles, lettuce. Toast it if you'd like with 1 small zip loc snack sized baggy carrots, celery or cucumber.

Snack 2:

1 protein bar (*not granola bar*) of choice 250 calories or below! Sugar content must be below 6 grams total. Best brands are Quest and One bars.

Optional: Heating them up will make them soft.

Dinner:

One Serving healthy nachos
12 tortilla chips any brand, with 2 oz shredded chicken breast cooked in or sprinkled with organic taco seasoning or taco Sauce, 1/4 cup black beans or kidney beans, 1/4 cup guacamole or 1/2 avocado, 1/4 cup fat free shredded cheese or vegan shredded cheese, 1-2 tablespoons dairy free sour cream or plain fat free greek yogurt (*optional*)

Workout

Pre-workout
5 minutes prior to training sip 1 scoop of bcaa (5 minutes prior and make it last 20-30 minutes into workout)

Post-workout
: 1 scoop isolate protein (mix separately)
: 1 scoop of Bcaa

* **Do not** cook your food in any oils unless they are 0 calorie sprays, or stated specifically in the plan.

* **Do not** use Rotisserie chicken, it full of oils and butters.

Do not use chicken thigh if the plan calls for Chicken breast.

* **You can** interchange between Balanced, Vegetarian, Strict and Flexible throughout the week but you may not eat from Keto at all. Between plans you can exchange a breakfast for a breakfast, a lunch for another lunch, and a dinner from another plans dinner. You may **not** exchange a breakfast for a lunch, lunch for a dinner, or dinner for a breakfast.