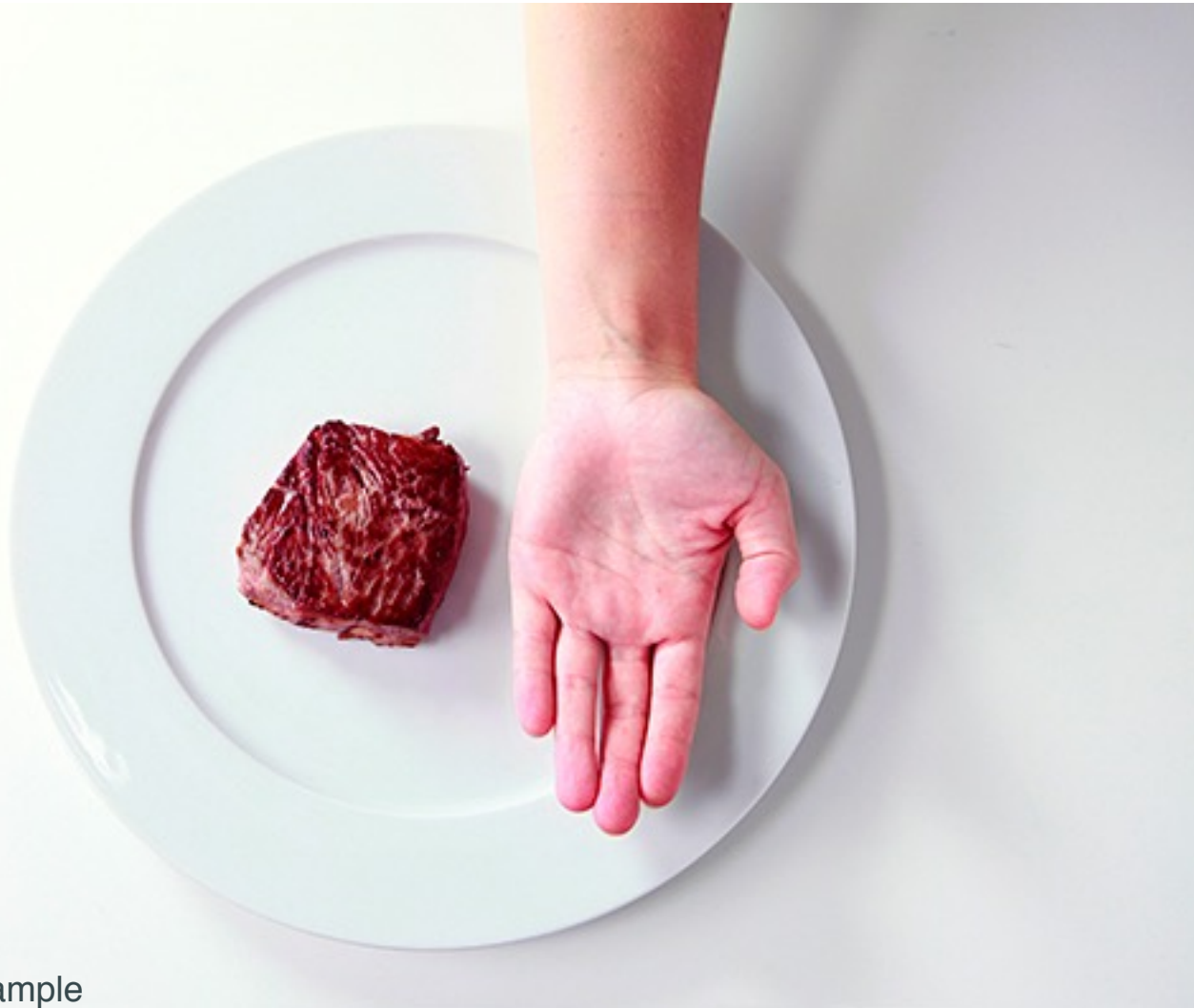




SAMPLE MEAL PLAN

MACRO	TIME	FOODS	QUANTITY
BREAKFAST			
PROTEIN		Eggs	2x Eggs
PROTEIN		Smoked Salmon	1x Palm
FAT		Fish Oil	2x Teaspoons
WATER		Water	500mL
POST W/O			
PROTEIN		Whey Protein Shake	1 Scoop
WATER			200mL
MEAL 2			
PROTEIN		Chicken Breast	1x Palms
VEGETABLE		Mixed Salad	2x Fists
WATER		Water	500mL
LUNCH			
PROTEIN		White Fish Fillets (Grilled)	1x Palm
VEGETABLE		Mixed Vegetables	1x Palm
CARBS		Brown Rice	1x Cups (After Nutrition Bootcamp)
WATER		Water	500mL
SNACK			
PROTEIN/FAT		Lean Bacon and Egg Quiche	1x Palm
WATER		Water	500mL
DINNER			
PROTEIN		Chicken Breast	1x Palm
VEGETABLE		Mixed Vegetables	1x Fist
FAT		Avocado	1x Thumb
WATER			500mL



Protein Serving Example



Vegetable Serving Example



Carb Serving Example



Fat Serving Example