

5:30AM/RZone Fitness Workouts.

If you do not like to eat before early AM workouts, deduct the first meal and start your meal pattern after the workout.

PROTEIN: LEAN BODY MASS EQUALS YOUR PROTEIN FOR THE DAY 15-25 GRAMS/MEAL (20Z TO 40Z)		COMPLEX CARBS 2 CHOICES: 30 TO 40 GRAMS *FIRST MEAL AND AFTER WORKOUT OR AFTER WORKOUT AND AT ANOTHER MEAL	FIBROUS VEGETABLES: 1 TO 2 CUPS. 2 TO 3X PER DAY	FRUIT: 20 GRAMS 1 TO 3-PER DAY WITH PROTEIN/ VEGETABLE /FAT	ESSENTIAL FATS: 2/3 SERVINGS A DAY /NOTES
MEAL 1 4:30AM /5:00AM	1. Protein Shake.			1.1 Apple	
	2. Greek Yogurt.	<i>Deduct the complex Carb if you cannot eat before workout</i>		2. 1 Banana	
	3. Almond Butter 2 Tablespoon or ¼ cup of nuts.			3. 1 Orange or 1 cup of blueberries.	
MEAL 2 POST WORKOUT 7:30AM /8:00AM	1. 3 Eggs Scrambled or 3 Hard Boiled.	1. ½ cup of oatmeal			
	2. Protein Shake.	2. 2 Slices of Ezekiel Bread			
	3. Cottage Cheese ¾ cup to 1cup.	3. Alpen or Ezekiel Low Sugar Cereal.			
MEAL 3 10:30AM/ 11:00PM	1.Chicken Breast or Turkey Breast.	1. Bake Potato or Sweet Potato: Fist Size	1. Asparagus		1. ½ Avocado
	2. Fish.	2. ¾ cup of brown, wild rice.	2. 1 cup of Cauliflower		2. ¼ cup of nuts
	3. Lean Steak.	3. ¾ cup of Quinoa	3. Large Salad		
MEAL 4 1:30PM/ 2:00PM	1. Protein Shake.			1.1 Apple	
	2. Greek Yogurt.	<i>Deduct the favorable complex carb if you have fulfilled 2 carbs for the day.</i>		2. 1 cup of strawberries	<i>You can switch meal 3 and 4 around if you like.</i>
	3. Protein Bar.			1. 1 cup of blueberries	
MEAL 5 4:30PM /5:00PM	1. Chicken Breast		1. 1 cup of Cauliflower	1. 1 cup of blueberries	1.½ Avocado
	2. Fish	<i>Deduct the favorable complex carb if you have fulfilled 2 carbs for the day.</i>	2. Asparagus	2. 1 Orange	2. ¼ cup of nuts
	3. Lean Steak		3. Large Salad	3. 1 cup of strawberries	
MEAL 6 7:30PM /8:00PM	1. ¾ to 1 cup of Cottage Cheese.				
	2. Greek Yogurt	<i>Deduct the favorable complex carb if you have fulfilled 2 carbs for the day</i>			1. ¼ cup of nuts
	3. Protein Shake/Protein Bar.				

TOTAL: PROTEIN AMOUNT FOR THE DAY IS 80 TO 100 GRAMS.	Total: Complex Carb/Starch Amount for the day is 80 grams- *Post Workout Always	Fibrous Vegetables: 1 to 2 cups x 2 to 3 meals in a day.	Fruits: 1 to 3 – fruits in a day	Essential Fats: 2 to 3 meals in a day
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- Choose one of the protein choices (1, 2 or 3 for example) with one of the favorable complex carb choices (1,2 or 3 for example) at specific meals.
- Remember your protein intake for the day is based on your INBODY RESULTS SHEET and specifically to your LEAN BODY MASS (LBM). Protein intake is your foundation at every meal.
- *Choose one of your favorable complex/favorable carbs at 2 meals for the day. Your favorable complex carb intake will average 30/40 grams x 2 meals in a day. Ideally first meal of the day and after the workout or after the workout and at another meal.*
- Remember to review the guidebook for most of your questions.

Need help? Glenn@rzonefitness.com