



# NUTRITION PLAN

## **Recommended Intake For You: 2900 Calories Daily**

Based on the information you submitted, this is your recommended caloric starting point for gaining lean muscle at an optimal rate while keeping body fat gains to a minimum.

I've configured this as accurately as possible according to your individual body stats, activity level and goals, but do keep in mind that all calorie calculations should be treated as estimations at the start and then adjusted up or down according to how your body responds.

For a proper lean bulk, females should be gaining somewhere in the range of about 1-2 pounds per month of overall body weight per week as an approximate figure. If you're gaining much less than this then you're probably not putting on muscle at your full potential, and if you're gaining much more then you're likely putting on an excessive amount of body fat.

If you find that your weight is remaining stagnant from week to week then you'll want to increase your daily intake by 150 calories until you begin falling within this range. On the other hand, if you're gaining body weight much faster than this on a consistent basis, you should do the opposite and decrease your calories.

**Protein:** Protein intake should be set at 0.8-1g per pound of body weight daily. This amount will be enough to maximize protein synthesis, though going higher is fine if you prefer it.

**Carbs/Fat:** Your carb to fat ratio can just come down to personal preference. There is no "magical" macronutrient breakdown that will produce significantly better gains than another, and your primary focus should simply be on meeting your total daily calorie target and hitting your protein minimum.

**Water Intake:** There is no precise quantity of water you must drink per day (since this is influenced by activity level, climate and other factors), but just aim for whatever amount keeps your urine on the clearer side most of the time.

**Meal Timing:** You can space your meals out however you'd like during the day based on what is most enjoyable and convenient for you. For optimal muscle building results though, you should consume at least 2 (and ideally 3) separate protein feedings per day containing at least 25g of high quality protein each.

**Food Selection:** The bulk of your diet should be based around nutrient rich, minimally processed whole foods. This will provide you with the fiber and micronutrients needed for maximum health and performance. As long as this makes up at least 80-90% of your total calories, the remaining amount can be derived from whatever "treat foods" you desire. This will not negatively impact your results if total calories are equated.

Here is a list of high quality foods that fall into each macronutrient category...

PROTEIN	CARBOHYDRATES	FATS
<p><a href="#">Chicken Breast</a></p> <p><a href="#">Turkey Breast</a></p> <p><a href="#">Lean Beef</a></p> <p><a href="#">Lean Pork</a></p> <p><a href="#">Whole Eggs</a></p> <p><a href="#">Egg Whites</a></p> <p><a href="#">Low-Fat Cottage Cheese</a></p> <p>All Types Of Fish (<a href="#">salmon</a>, <a href="#">tuna</a>, <a href="#">tilapia</a>, <a href="#">halibut</a>, <a href="#">cod</a>, <a href="#">bass</a>, <a href="#">trout</a> etc.)</p> <p>Other Seafood (<a href="#">shrimp</a>, <a href="#">crab</a>, <a href="#">lobster</a>, <a href="#">scallops</a>, <a href="#">oysters</a> etc.)</p> <p><a href="#">Skim Milk</a></p> <p><a href="#">Low-Fat Greek Yogurt</a></p> <p>Protein Powder</p> <p>Protein Bars/Snacks</p> <p>Plant-Based Sources (<a href="#">tofu</a>, <a href="#">beans</a>, <a href="#">lentils</a>, <a href="#">tempeh</a>, <a href="#">chickpeas</a>, <a href="#">edamame</a>, <a href="#">green</a> <a href="#">peas</a>, <a href="#">amaranth</a>, <a href="#">seitan</a>, <i>meat</i> <i>substitutes</i> etc.)</p>	<p><a href="#">All Types Of Fruit</a></p> <p><a href="#">All Types Of Vegetables</a></p> <p><a href="#">Oatmeal</a></p> <p><a href="#">Brown Rice / White Rice</a></p> <p><a href="#">Potatoes</a></p> <p><a href="#">Sweet Potatoes</a></p> <p><a href="#">Yams</a></p> <p><a href="#">Quinoa</a></p> <p><a href="#">Couscous</a></p> <p><a href="#">Ezekiel Bread</a></p> <p><a href="#">Whole Grain Bread</a></p> <p><a href="#">Whole Grain Cereals</a></p> <p><a href="#">Bagel</a></p> <p><a href="#">Granola</a></p> <p><a href="#">Cream Of Wheat</a></p> <p><a href="#">Whole Wheat Pita</a></p> <p><a href="#">Whole Wheat Tortilla</a></p> <p><a href="#">Whole Wheat Pasta</a></p>	<p>Nuts (<a href="#">peanut</a>, <a href="#">almond</a>, <a href="#">walnut</a>, <a href="#">cashew</a>, <a href="#">pecan</a>, <a href="#">macadamia</a>, <a href="#">hazelnut</a>)</p> <p>Natural Nut Butters (<a href="#">peanut</a>, <a href="#">almond</a> etc.)</p> <p>Seeds (<a href="#">sunflower</a>, <a href="#">sesame</a>, <a href="#">flaxseed</a>, <a href="#">pumpkin</a>)</p> <p>Healthy Oils (<a href="#">olive oil</a>, <a href="#">flaxseed oil</a>)</p> <p>Fatty Fish (<a href="#">salmon</a>, <a href="#">tuna</a>, <a href="#">mackerel</a>, <a href="#">herring</a>, <a href="#">trout</a>, <a href="#">sardines</a>)</p> <p><a href="#">Fish Oil</a></p> <p><a href="#">Avocado</a></p> <p><a href="#">Coconut Oil</a></p> <p>(A good portion of your fat intake will be derived automatically from the natural fat content of your protein and carbohydrate sources, and you can then fill in your remaining daily needs with the healthy fat sources listed above)</p>

**Food Flavorings:** Here is a partial list of low calorie sauces and condiments that can be used to flavor your meals...

- Salsa
- Reduced Sugar Ketchup
- Sriracha
- Low Sodium Soy Sauce
- Hot Sauce
- Low Calorie Salad Dressing
- Natural Tomato Sauce
- Taco Sauce
- Fish Sauce
- Oyster Sauce
- Tzatziki Sauce
- Mustard
- Worcestershire Sauce
- Vinegar
- Gravy
- Light Sour Cream
- Low Carb Steak Sauce
- Green Chili Sauce

On the following page you'll find a sample of what a typical day of eating might look like at your recommended calorie level.

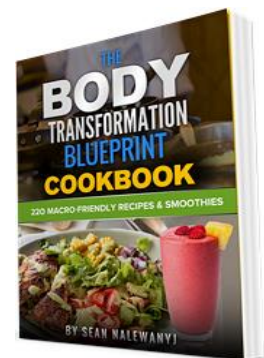


If you find the meal plan helpful and want additional options to choose from then you can upgrade to my complete [Body Transformation Blueprint](#) program.

The Blueprint includes a variety of bulking and cutting plans starting at 1200 calories and working all the way up to 4500, so you can continue to adjust as your results improve over time.

You'll also get access to my Body Transformation Cookbook which contains 220 delicious, macro-friendly recipes and smoothies that can be easily incorporated into your eating plan to support your goals.

With just a bit of proper planning, it is absolutely possible to enjoy delicious meals throughout your entire day while getting into the best shape of your life at the same time.



# 2900 CALORIE MEAL PLAN

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	2 slices whole grain toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	125g blueberries	76	1	18	0
	<b>TOTAL</b>	<b>452</b>	<b>29</b>	<b>48</b>	<b>16</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	125g banana	120	1	29	0	
	15g pitted dates	44	0	11	0	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>481</b>	<b>34</b>	<b>48</b>	<b>17</b>	

MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	115g cooked chicken breast OR 115g turkey breast OR 150g tilapia OR 190g shrimp	180	36	0	4
	300g cooked white or brown rice	339	9	69	3
	125g cooked broccoli	48	3	9	0
	<b>TOTAL</b>	<b>567</b>	<b>48</b>	<b>78</b>	<b>7</b>

<b>MEAL #4</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
<b>SNACK</b>	60g oatmeal (dry measurement)	232	8	41	4
	1 tablespoon honey	72	0	18	0
	150g sliced apple	88	1	21	0
	40g mixed nuts	260	8	12	20
	<b>TOTAL</b>	<b>652</b>	<b>17</b>	<b>92</b>	<b>24</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
<b>DINNER</b>	120g cooked lean beef	207	36	0	7
	300g cooked sweet potato	281	6	62	1
	125g cooked carrots	44	1	10	0
	2 teaspoons extra virgin olive oil	90	0	0	10
	250ml orange juice	125	2	27	1
	<b>TOTAL</b>	<b>747</b>	<b>45</b>	<b>99</b>	<b>19</b>
<b>DAILY TOTALS</b>		<b>2899</b>	<b>173</b>	<b>365</b>	<b>83</b>