

NUTRITION BLUEPRINT FOR: Joe Bloggs **DATE: 11/03/09** **CALORIE GOAL: 3600-3800**

MEAL PLAN STATS:

Carbs(g):495 / % Carbs:53% -Pro(g):21% / Pro(g): 199.5 -Fat(g):109.5 / %Fat:26% -Day Total:100%

DAILY TOTAL CALORIES: 3763	MEAL 1	SNACK 1	MEAL 2	SNACK 2	MEAL 3	SNACK 3	PWO CARBS: 25g PROTEIN: 50g
GRAIN/STARCH	3	3	5	3	5	3	
PROTEIN/DAIRY	3	1	1.5		1.5	0.5	
FRUIT	3	2		2		2	
VEGETABLES (* ADD AS MANY AS YOU LIKE)			3		3		
FATS	1	1	2	1	2		
CALORIES	648	580	803	469	803	462	
CARBS (g)	90	75	90	75	90	75	
PROTEIN (g)	36	34	47	13	47	24	
FAT (g)	16	16	29	13	29	8	

EAT CLEAN - EAT OFTEN - HYDRATE - RECOVER - MINDSET