

The following sample meals are for those making the next cut in carbohydrate from 1.75 to 1.5 grams per pound of body weight (or 300 grams of carbohydrate total for a 200-pounder). This drops calories to 16 per pound of body weight or about 3,200 for the 200-pound person. Remember that these meal plans are based on workout days. On rest days, skip the postworkout meal and have the preworkout meal as a snack.

Sample Meal Plan When Exercising First Thing in the Morning: 1.75 to 1.5 Grams/lb of Body Weight

Preworkout 1 (as soon as you wake/30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
1 large apple
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
Breakfast (30-60 minutes after postworkout meal)
20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
2 cups cooked oatmeal (1 cup dry oats before cooking) and 1 tbsp honey (mix honey in oatmeal)
Late-morning snack
1 cup low-fat cottage cheese, 1 cup sliced pineapple, and 5 Triscuit whole-wheat crackers (mix pineapple in cottage cheese and eat with crackers)
Lunch
6 oz. can albacore tuna
2 slices whole-wheat (or Ezekiel) bread
1 tbsp light mayonnaise
1 large piece of fruit (e.g., apple, orange, banana)
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter, 1 tbsp jam, and 2 slices whole-wheat (or Ezekiel) bread (make peanut butter sandwich to eat with shake)
Dinner
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)

Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

Sample Meal Plan When Exercising at Lunchtime: 1.75 to 1.5 Grams/lb of Body Weight

Breakfast
20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
Late-morning snack
1 cup low-fat cottage cheese and 1 cup sliced pineapple (mix pineapple in cottage cheese)
Preworkout 1 (30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
1 large apple
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
Lunch (30-60 minutes after postworkout meal)
6 oz. can albacore tuna
2 slices whole-wheat (or Ezekiel) bread
1 tbsp light mayonnaise
1 large piece of fruit (e.g., apple, orange, banana)
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter, 1 tbsp jam, and 2 slices whole-wheat (or Ezekiel) bread (make peanut butter sandwich to eat with shake)
Dinner
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
1 cup of cooked brown rice
1 cup of cooked black beans (or pinto beans)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

**Sample Meal Plan When Exercising Before Dinner:
1.75 to 1.5 Grams/lb of Body Weight**

Breakfast
20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
Late-morning snack
1 cup low-fat cottage cheese and 1 cup sliced pineapple (mix pineapple in cottage cheese)
Lunch
6 oz. can albacore tuna
2 slices whole-wheat (or Ezekiel) bread
1 tbsp light mayonnaise
1 large piece of fruit (e.g., apple, orange, banana)
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter, 1 tbsp jam, and 2 slices whole-wheat (or Ezekiel) bread (make peanut butter sandwich to eat with shake)
Preworkout 1 (30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
1 large apple
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
Dinner (30-60 minutes after postworkout meal)
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
1 cup of cooked brown rice
1 cup of cooked black beans (or pinto beans)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

**Sample Meal Plan When Exercising After Dinner:
1.75 to 1.5 Grams/lb of Body Weight**

Breakfast
20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
Late-morning snack
1 cup low-fat cottage cheese and 1 cup sliced pineapple (mix pineapple in cottage cheese)
Lunch
6 oz. can albacore tuna
2 slices whole-wheat (or Ezekiel) bread
1 tbsp light mayonnaise
1 large piece of fruit (e.g., apple, orange, banana)
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter, 1 tbsp jam, and 2 slices whole-wheat (or Ezekiel) bread (make peanut butter sandwich to eat with shake)
Dinner
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
1 cup of cooked brown rice
1 cup of cooked black beans (or pinto beans)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Preworkout 1 (30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
1 large apple
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

The following sample meals are for those making the next cut in carbohydrate from 1.5 to 1.25 grams per pound of body weight (or 250 grams of carbohydrate total for the 200-pounder). This drops calories to 15 per pound of body weight or about 3,000 for the 200-pound sample person. Remember that these meal plans are based on workout days. On rest days, skip the postworkout meal and have the preworkout meal as a snack.

Sample Meal Plan When Exercising First Thing in the Morning: 1.5 to 1.25 Grams/lb of Body Weight

Preworkout 1 (as soon as you wake/30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
1 large apple
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
Breakfast (30-60 minutes after postworkout meal)
20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
2 cups cooked oatmeal (1 cup dry oats before cooking) and 1 tbsp honey (mix honey in oatmeal)
Late-morning snack
1 cup low-fat cottage cheese, 1 cup sliced pineapple, and 5 Triscuit whole-wheat crackers (mix pineapple in cottage cheese and eat with crackers)
Lunch
6 oz. can albacore tuna
2 slices whole-wheat (or Ezekiel) bread
1 tbsp light mayonnaise
1 large piece of fruit (e.g., apple, orange, banana)
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter
Dinner
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)

Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

Sample Meal Plan When Exercising at Lunchtime: 1.5 to 1.25 Grams/lb of Body Weight

Breakfast
20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
Late-morning snack
1 cup low-fat cottage cheese
Preworkout 1 (30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
Lunch (30-60 minutes after postworkout meal)
6 oz. can albacore tuna
2 slices whole-wheat (or Ezekiel) bread
1 tbsp light mayonnaise
1 large piece of fruit (e.g., apple, orange, banana)
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter, 1 tbsp jam, and 2 slices whole-wheat (or Ezekiel) bread (make peanut butter sandwich to eat with shake)
Dinner
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
1 cup of cooked brown rice
1 cup of cooked black beans (or pinto beans)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

**Sample Meal Plan When Exercising Before Dinner:
1.5 to 1.25 Grams/lb of Body Weight**

Breakfast
20-30 grams protein of a mixed protein powder (whey/casein) 3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
Late-morning snack
1 cup low-fat cottage cheese
Lunch
6 oz. can albacore tuna 2 slices whole-wheat (or Ezekiel) bread 1 tbsp light mayonnaise
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein) 1 tbsp peanut butter, 1 tbsp jam, and 2 slices whole-wheat (or Ezekiel) bread (make peanut butter sandwich to eat with shake)
Preworkout 1 (30-45 minutes before workout)
5-10 grams BCAAs 2-5 grams creatine (depending on form) 2-3 grams beta-alanine 20-30 grams protein from a mixed protein powder (whey/casein) 1 large apple
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein) 30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread) 5-10 grams BCAAs 2-5 grams creatine (depending on form) 2-3 grams beta-alanine
Dinner (30-60 minutes after postworkout meal)
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork) 1 cup of cooked brown rice 1 cup of cooked black beans (or pinto beans) 2 cups mixed green salad 2 tbsp salad dressing (olive oil and vinegar)
Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey) 1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

**Sample Meal Plan When Exercising After Dinner:
1.5 to 1.25 Grams/lb of Body Weight**

Breakfast
20-30 grams protein of a mixed protein powder (whey/casein) 3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)

Late-morning snack
1 cup low-fat cottage cheese
Lunch
6 oz. can albacore tuna 2 slices whole-wheat (or Ezekiel) bread 1 tbsp light mayonnaise
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein) 1 tbsp peanut butter, 1 tbsp jam, and 2 slices whole-wheat (or Ezekiel) bread (make peanut butter sandwich to eat with shake)
Dinner
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork) 1 cup of cooked brown rice 1 cup of cooked black beans (or pinto beans) 2 cups mixed green salad 2 tbsp salad dressing (olive oil and vinegar)
Preworkout 1 (30-45 minutes before workout)
5-10 grams BCAAs 2-5 grams creatine (depending on form) 2-3 grams beta-alanine 20-30 grams protein from a mixed protein powder (whey/casein) 1 large apple
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein) 30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread) 5-10 grams BCAAs 2-5 grams creatine (depending on form) 2-3 grams beta-alanine
Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey) 1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

The following sample meals are for those making the next cut in carbohydrate from 1.25 to 1 gram per pound of body weight (or 200 grams of carbohydrate total for the 200-pounder). This drops calories to 14 per pound of body weight or about 2,800 for the 200-pound sample person. Remember that these meal plans are based on workout days. On rest days, skip the postworkout meal and have the preworkout meal as a snack.

Sample Meal Plan When Exercising First Thing in the Morning: 1.25 to 1 Gram/lb of Body Weight

Preworkout 1 (as soon as you wake/30-45 minutes before workout)

5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
1 large apple

Postworkout (within 30 minutes after workout)

20-40 grams protein from a mixed protein powder (whey/casein)
30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine

Breakfast (30-60 minutes after postworkout meal)

20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
2 cups cooked oatmeal (1 cup dry oats before cooking) and 1 tbsp honey (mix honey in oatmeal)

Late-morning snack

1 cup low-fat cottage cheese

Lunch

6 oz. can albacore tuna
2 slices whole-wheat (or Ezekiel) bread
1 tbsp light mayonnaise

Afternoon snack

20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter

Dinner

8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)

Bedtime snack

20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

Sample Meal Plan When Exercising at Lunchtime: 1.25 to 1 Gram/lb of Body Weight

Breakfast

20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)

Late-morning snack

1 cup low-fat cottage cheese

Preworkout 1 (30-45 minutes before workout)

5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)

Postworkout (within 30 minutes after workout)

20-40 grams protein from a mixed protein powder (whey/casein)
30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine

Lunch (30-60 minutes after postworkout meal)

6 oz. can albacore tuna
2 slices whole-wheat (or Ezekiel) bread
1 tbsp light mayonnaise
1 large piece of fruit (e.g., apple, orange, banana)

Afternoon snack

20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter, 1 tbsp jam, and 2 slices whole-wheat (or Ezekiel) bread (make peanut butter sandwich to eat with shake)

Dinner

8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
1/2 cup of cooked black beans (or pinto beans)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)

Bedtime snack

20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

Sample Meal Plan When Exercising Before Dinner: 1.25 to 1 Gram/lb of Body Weight

Breakfast

20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)

Late-morning snack

1 cup low-fat cottage cheese

Lunch

6 oz. can albacore tuna (add tuna to salad)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)

Afternoon snack

20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter

Preworkout 1 (30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
1 large apple
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
Dinner (30-60 minutes after postworkout meal)
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
1 cup of cooked brown rice
1 cup of cooked black beans (or pinto beans)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

Sample Meal Plan When Exercising After Dinner: 1.25 to 1 Gram/lb of Body Weight

Breakfast
20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
Late-morning snack
1 cup low-fat cottage cheese
Lunch
6 oz. can albacore tuna (add tuna to salad)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter
Dinner
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
1 cup of cooked brown rice
1 cup of cooked black beans (or pinto beans)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)

Preworkout 1 (30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
1 large apple
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

The following sample meals are for those making the next cut in carbohydrate from 1 to 0.75 gram per pound of body weight (or 150 grams of carbohydrate total for the 200-pounder). This drops calories to 13 per pound of body weight or about 2,500 for the 200-pound sample person. Remember that these meal plans are based on workout days. On rest days, skip the postworkout meal and have the preworkout meal as a snack.

Sample Meal Plan When Exercising First Thing in the Morning: 1 to 0.75 Gram/lb of Body Weight

Preworkout 1 (as soon as you wake/30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine

Breakfast (30-60 minutes after postworkout meal)
20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
1 cup cooked oatmeal (1/2 cup dry oats before cooking) and 1 tbsp honey (mix honey in oatmeal)
Late-morning snack
1 cup low-fat cottage cheese
Lunch
6 oz. can albacore tuna
2 slices whole-wheat (or Ezekiel) bread
1 tbsp light mayonnaise
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter
Dinner
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

Sample Meal Plan When Exercising at Lunchtime: 1 to 0.75 Gram/lb of Body Weight

Breakfast
20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
Late-morning snack
1 cup low-fat cottage cheese
Preworkout 1 (30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine

Lunch (30-60 minutes after postworkout meal)
6 oz. can albacore tuna
2 slices whole-wheat (or Ezekiel) bread
1 tbsp light mayonnaise
1 large piece of fruit (e.g., apple, orange, banana)
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter, 1 tsp jam, and 1 slice whole-wheat (or Ezekiel) bread (make peanut butter sandwich to eat with shake)
Dinner
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

Sample Meal Plan When Exercising Before Dinner: 1 to 0.75 Gram/lb of Body Weight

Breakfast
20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
Late-morning snack
1 cup low-fat cottage cheese
Lunch
6 oz. can albacore tuna (add tuna to salad)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter
Preworkout 1 (30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine

Dinner (30-60 minutes after postworkout meal)
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
1/2 cup of cooked brown rice
1 cup of cooked black beans (or pinto beans)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

Sample Meal Plan When Exercising After Dinner: 1 to 0.75 Gram/lb of Body Weight

Breakfast
20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
Late-morning snack
1 cup low-fat cottage cheese
Lunch
6 oz. can albacore tuna (add tuna to salad)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter
Dinner
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
1/2 cup of cooked brown rice
1/2 cup of cooked black beans (or pinto beans)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Preworkout 1 (30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
1 large apple
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine

Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

The following sample meals are for those making the next cut in carbohydrate from 0.75 to 0.5 gram per pound of body weight (or 100 grams of carbohydrate total for the 200-pounder). This drops calories to about 11 per pound of body weight or about 2,300 for the 200-pound person. Remember that these meal plans are based on workout days. On rest days, skip the postworkout meal and have the preworkout meal as a snack.

Sample Meal Plan When Exercising First Thing in the Morning: 0.75 to 0.5 Gram/lb of Body Weight

Preworkout 1 (as soon as you wake/30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
Breakfast (30-60 minutes after postworkout meal)
20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
1 cup cooked oatmeal (1/2 cup dry oats before cooking)
Late-morning snack
1 cup low-fat cottage cheese
Lunch
6 oz. can albacore tuna (add tuna to salad)
2 cups mixed green salad
1 tbsp salad dressing (olive oil and vinegar)
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter

Dinner
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

**Sample Meal Plan When Exercising at Lunchtime:
0.75 to 0.5 Gram/lb of Body Weight**

Breakfast
20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
Late-morning snack
1 cup low-fat cottage cheese
Preworkout 1 (30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
Lunch (30-60 minutes after postworkout meal)
6 oz. can albacore tuna (add tuna to salad)
2 cups mixed green salad
1 tbsp salad dressing (olive oil and vinegar)
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter, 1 tsp jam, and 1 slice whole-wheat (or Ezekiel) bread (make peanut butter sandwich to eat with shake)
Dinner
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)

Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

**Sample Meal Plan When Exercising Before Dinner:
0.75 to 0.5 Gram/lb of Body Weight**

Breakfast
20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
Late-morning snack
1 cup low-fat cottage cheese
Lunch
6 oz. can albacore tuna (add tuna to salad)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter
Preworkout 1 (30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
Dinner (30-60 minutes after postworkout meal)
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
1/2 cup of cooked brown rice
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

Sample Meal Plan When Exercising After Dinner: 0.75 to 0.5 Gram/lb of Body Weight

Breakfast
20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
Late-morning snack
1 cup low-fat cottage cheese
Lunch
6 oz. can albacore tuna (add tuna to salad)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter
Dinner
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Preworkout 1 (30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
1 large apple
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
30-40 grams fast-digesting carbohydrate (dextrose, Pixy Stix, gummy bears, white bread)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

The following sample meals are for those making the next cut in carbohydrate from 0.5 to 0.25 gram per pound of body weight (or 50 grams of carbohydrate total for the 200-pounder). This drops calories to about 9 per pound of body weight or about 2,100 for the 200-pound person. Remember that these meal plans are based on workout days. On rest days, skip the postworkout meal and have the preworkout meal as a snack.

Sample Meal Plan When Exercising First Thing in the Morning: 0.5 to 0.25 Gram/lb of Body Weight

Preworkout 1 (as soon as you wake/30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
Breakfast (30-60 minutes after postworkout meal)
20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
Late-morning snack
1 cup low-fat cottage cheese
Lunch
6 oz. can albacore tuna (add tuna to salad)
2 cups mixed green salad
1 tbsp salad dressing (olive oil and vinegar)
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter
Dinner
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese

Sample Meal Plan When Exercising at Lunchtime: 0.5 to 0.25 Gram/lb of Body Weight

Breakfast
20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
Late-morning snack
1 cup low-fat cottage cheese
Preworkout 1 (30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)

Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
Lunch (30-60 minutes after postworkout meal)
6 oz. can albacore tuna (add tuna to salad)
2 cups mixed green salad
1 tbsp salad dressing (olive oil and vinegar)
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter
Dinner
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese

**Sample Meal Plan When Exercising Before Dinner:
0.5 to 0.25 Gram/lb of Body Weight**

Breakfast
20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
Late-morning snack
1 cup low-fat cottage cheese
Lunch
6 oz. can albacore tuna (add tuna to salad)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter
Preworkout 1 (30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine

Dinner (30-60 minutes after postworkout meal)
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese

**Sample Meal Plan When Exercising After Dinner:
0.5 to 0.25 Gram/lb of Body Weight**

Breakfast
20-30 grams protein of a mixed protein powder (whey/casein)
3 whole eggs, 3 egg whites, and 1 tbsp olive oil (scrambled eggs cooked in olive oil)
Late-morning snack
1 cup low-fat cottage cheese
Lunch
6 oz. can albacore tuna (add tuna to salad)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Afternoon snack
20-30 grams protein of a mixed protein powder (whey/casein)
1 tbsp peanut butter
Dinner
8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
2 cups mixed green salad
2 tbsp salad dressing (olive oil and vinegar)
Preworkout 1 (30-45 minutes before workout)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
20-30 grams protein from a mixed protein powder (whey/casein)
Postworkout (within 30 minutes after workout)
20-40 grams protein from a mixed protein powder (whey/casein)
5-10 grams BCAAs
2-5 grams creatine (depending on form)
2-3 grams beta-alanine
Bedtime snack
20-30 grams protein from a mixed protein powder (whey/casein) or 1 cup cottage cheese