

Meal #1

Time: Grams of Protein \_\_\_\_\_

Grams of Carbohydrates \_\_\_\_\_



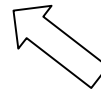
The carbs in this meal should consist of some kind of oatmeal or cream of wheat because they both contain fiber and they are slow burning, perfect to start your day. Protein can come from anything you like, I prefer eggs or a protein shake but it is up to you.

Meal #2

Time: Grams of Protein \_\_\_\_\_

Grams of Carbohydrates \_\_\_\_\_

Veggie or Piece of Fruit \_\_\_\_\_



For meals 2-4 you can substitute meals like a low fat subway sandwich, smoothie king or a protein shake. When using protein shakes make sure that you only mix them with water, no milk or juice. They both contain sugar and that will keep you from losing weight. Also when using any kind of shakes, mix a 1/2 cup of oatmeal in with them. This will give you fiber and a great source of carbs.

Meal #3

Time: Grams of Protein \_\_\_\_\_

Grams of Carbohydrates \_\_\_\_\_

Veggie or Piece of Fruit \_\_\_\_\_

Meal #4

Time: Grams of Protein \_\_\_\_\_

Grams of Carbohydrates \_\_\_\_\_

Veggie or Piece of Fruit \_\_\_\_\_



For meals 5 and 6 cut back the carbs, you won't be burning a lot of calories late in the day so you don't need as many. Meal #6 is optional, I would love for you to eat all 6 times but sometimes that isn't possible at your age. You should take a fiber substitute every night before bed. This will help you get rid of fat and keep you from suffering any effects from all the protein you will be eating.

Meal #5

Time: Grams of Protein \_\_\_\_\_

Grams of Carbohydrates \_\_\_\_\_

Veggie or Piece of Fruit \_\_\_\_\_

Meal #6

Time: Grams of Protein \_\_\_\_\_

Fiber Substitute (Metamucil, Fibercon, Perdiem)

Attached are all of the different food groups that you can choose from. These are just recommended foods, you can always substitute other things as long as they are low in fat.