

TYPICAL DAILY MEAL PLAN (Variety is Key)

At Wake: Multi-Vitamins and 2 Instone Lean Fire capsules
MEAL 1: Post-Cardio or Abdominal Training High-Fiber/High-Protein Cereal (such as Kashi, Fiber-One, etc.) Served with Light Soy Milk, and either a some Whey Protein or Fat-Free Cottage Cheese OR “Pro” Oatmeal – Oatmeal with added Protein Powder OR 6 Eggs (5 whites / 1 whole) with salsa Served with a small carbohydrate such as Brown Rice, Whole Wheat or Rye Bread, or Fruit
MEAL 2: Mid-Morning Meal Grilled/Baked Chicken, Turkey, or Tuna (recipe varied) Served with Yam, Baked Potato, or Brown Rice and a vegetable (typically broccoli) OR Turkey Breast on Whole Wheat or Rye Bread Served with Cucumber, Lettuce, Tomato, and Spicy Mustard
MEAL 3: Lunch Same options as MEAL 2
MEAL 4: Mid-Afternoon Snack Stallone High-Protein Pudding Served with a treat-like carbohydrate, such a Low-Fat Yogurt or a piece of fruit (Banana, Apple, or Melon)
Pre-Dinner: 2 Instone Lean Fire capsules
MEAL 5: Dinner (pre weight-training) Lean Beef or Steak (96% lean or higher) Served with Brown Rice or Yam and a vegetable OR Same options as MEAL 2 / MEAL 3
MEAL 6: Post weight-training Instone Intake Performance Meal Replacement Shake Stacked with a Creatine Supplement Occasionally served with a small carbohydrate snack (1/2 cup of dry cereal, oatmeal, or piece of fruit)

Water: a minimum of 100 ounces (approximately 12 cups) per day.