

The Meal Plan Cheat Sheet

As Soon As You Wake Up:

- Weigh yourself after you've used the restroom, naked (trust me, you're going to want to document how much weight you lose).
- Drink 2-3 glasses of water or 36oz of water.
- **Pro Tip #1:** Get a [36oz water bottle](#) so you only have to drink it 3.5 times to drink a gallon a day.
- **Pro Tip #2:** Stretch. Follow this [stretch routine](#) to get your body warm and moving. You'll feel a lot better.



Meal #1 (Whenever you Break Your Fast - "Break-Fast")

- **Something quick in the morning is what works best for most people.**
- For example, a blended shake with 1 scoop of your choice of protein powder ([this is my favorite](#)) with 50 grams of oats and bananas and frozen strawberries and 16 grams of peanut butter is a great, quick option for breakfast that also doesn't sacrifice a ton of calories.



What to do Until Meal #2:

- HYDRATE. Aim to drink 36oz of water ([one Rambler serving](#)). You can also utilize black coffee, green tea, or sparkling water until your next meal to suppress appetite until then.



Meal #2: Lunch

- **For meal #2, we want this to be high in protein and moderate in carbs and fats.** It'll be a big enough meal to get you through the next couple of hours and good enough for a pre-workout meal if this is your last meal between that and dinner.
- **An example would be a smaller version of a Chipotle burrito bowl:** 8oz of diced chicken breast, 150g of cooked white rice, 50g of black beans, 28g of shredded cheese, 1 serving of light sour cream and any other vegetables you'd want to add.
- Over the next few days in this **Free Email Training**, we're going to go over more options for lunch as well so stay tuned!



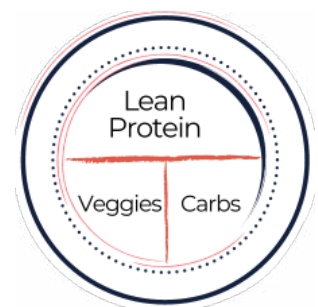
(OPTIONAL) Afternoon Snack/Small- Meal:

- Feeling a little hungry still?
- Try having a [protein bar](#) or protein shake (not with all the ingredients from meal #1).



Meal #3: The Feast

- Dinner time is where we can be a bit bigger and flexible with our eating. You have so many options to choose from and it's the biggest in terms of calories also.
- You can set this up by having:
 - 1/4 of your plate be your preference of vegetables.
 - 1/4 of your plate be your preference of carbs.
 - 1/2 of your plate be your choice of protein (preferably leaner meats like 93% fat-free ground beef/turkey or chicken breast)



- **Remember:** We're just getting started with this training. We'll cover all the "details" via email over the next couple of days.