## Before beginning ANY use of the template, please watch these videos first:



Template Walkthrough



Common Template Questions







Workout Volumes and Carb Amounts



After watching the videos, please read the How-To document that you received along with your templates. If anything in the How-To is confusing, please refer to the FAQ document.

Please also refer to the FAQ any time you have questions during your diet process!

Once you've watched the videos and read the How-To document, please look through your template and feel free to get started!

If you'd still like more background info, please check out <u>this article</u> on getting started with your templates.

## RP Diet Template Quick Tips

There is no need to worry about crossover calculations on the templates for the fat in protein sources, carbs in fat sources, etc.

You just focus on hitting the amounts listed PER column. The rest has been factored in by the expert team at RP. This is designed for simplicity's sake, making things easier to follow and an easier diet generally yields better long term results. If you eat foods that are processed and off-plan, you need to calculate total macros, and that process is explained in depth in question #1 of the FAQ document.

When measuring amounts on the templates, proteins, carbs, and fats are all measured in the AMOUNT of nutrient, NOT the total weight of the food.

For example, (100g TOTAL weight of sweet potato only yields about 25g WORTH of carbohydrates).

- All meal times are approximate. It's no problem at all to eat a meal up to half an hour sooner or later than is scheduled, depending on your fullness and energy levels as well as preference.
- If your workout shake row has a "no carbs, just whey" symbol in that day's (light, moderate, or hard) carbs column, make your whey workout shake just like usual, but don't add in ANY workout carbs to the mix. Eat all other meals that day as instructed.
- If you find that you're hungry upon starting the templates, that's 100% normal as you get used to not eating whenever you want, but having a more set scientific meal timing schedule.

Most people's hunger levels adjust at least somewhat after a week or so. If you're too full from meals, consider cutting your veggie servings by half.

If you find yourself hungry, use higher volume foods (ex - nuts instead of oils, sweet potatoes vs rice). The opposite applies if you are full or don't find yourself overly hungry.

Use lower volume foods to help reduce overall food volume. Much more detail on this in questions #68 and #69 of the FAQ.

Make sure that when you start your diet, you start with the "Base" sheet (see different sheets below) and move onto the later Fat Losses or Muscle Gains in order as directed by the How-To.

If you accidentally start with Fat Loss 3 or Muscle Gain 3, you're going to have very poor results and a very tough time, so please make sure you're using the right sheets at the right times.

We'd love to be able to answer specifics about your diet, but unfortunately don't have the capabilities to do so with the templates (as stated in the template waiver).

If you have specific questions regarding your templates after reading/watching all of the How-To and FAQs, please ask your questions in the <u>RP</u> <u>Clients group on Facebook</u>. Our group has tens of thousands of members and tons of veterans of RP that can help!

If you'd like more in-depth assistance, please consider our <u>Members-Only site</u> where ALL of your direct template-use questions are GUARANTEED to be answered by an RP staff member.

## RENAISSANCE **MRP** PERIODIZATION

## SAMPLE SERVING SIZES



**15G** Fat from oil



**15G** Fat from nuts



15G FAT FROM NUT BUTTER



20G of protein



40G of protein



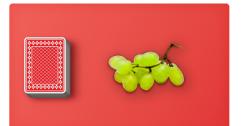
1 CUP



2 CUPS



**30G** Carbs from grains



**30G** CARBS FROM FRUIT



60G CARBS FROM GRAINS



60G CARBS FROM FRUIT

© 2017 RENAISSANCE PERIODIZATION	See enclosed FAQ for more option	s! (*Grams of protein, fat & carbs are	from healthy sources, not total weig	ght of food)			
MRP / BASE	Any Fish (Tuna, Salmon, etc.) Any Seafood (Shrimp, Scallops etc.) Chicken Breast Turkey Breast Any Meat 90% or Leaner	Broccoli         Asparagus           Spinach         Cauliflower           Tomatoes         Brussels Sprouts           Green Peppers         Green Beans           Asparagus         Zucchini	Any Nuts Avocado Olive Oil Canola Oil Avocado Oil	Rice (any t Whole Who Oatmeal Sweet Pota	Sweet Potatoes		Gatorade/Powerade Lemonade Coconut Water Advanced Carbs (Vitargo, etc.) Kool Aid
	Egg Whites	1 Cup = 1 Small Handful	Any Natural Nut Butters	Any Fruit			Any Fruit Juice
	PROTEIN	VEGGIES	HEALTHY FATS	HE	ALTHY CAR	RBS	WORKOUT CARBS
FIRST THING AM TRAINING		•	•	LIGHT	MODERATE	HARD	•
1. 2/3 of shake upon waking, 1/3 during workout	30g whey in water						40g
2. 20 minutes after workout	30g	2 cups	10g	50g	65g	85g	
3. 2-4 hours after last meal	30g	2 cups	15g	35g	45g	65g	
<ol> <li>2. 20 minutes after workout</li> <li>3. 2-4 hours after last meal</li> <li>4. 3-5 hours after last meal</li> <li>5. 2.5 hours after last meal</li> </ol>	30g	2 cups	15g	25g	35g	45g	
5. 5-5 hours after last mean	30g	2 cups	15g	15g	20g	30g	
6. Bedtime	30g casein in water		25g	15g	20g	30g	
TRAINING AFTER 1 MEAL				LIGHT	MODERATE	HARD	
1. 1-3 hours before workout	30g	2 cups	25g	25g	35g	45g	
2. 1/2 shake during workout, 1/2 right after	30g whey in water						30g
<ol> <li>1/2 shake during workout, 1/2 right after</li> <li>40 minutes after workout</li> <li>2-4 hours after last meal</li> <li>5 a 5 hours after last meal</li> </ol>	30g	2 cups	10g	50g	65g	85g	
4. 2-4 hours after last meal	30g	2 cups	15g	35g	45g	65g	
5. 3-5 hours after last meal	30g	2 cups	15g	25g	35g	45g	
6. Bedtime	30g casein in water		25g	15g	20g	30g	
TRAINING AFTER 2 MEALS				LIGHT	MODERATE	HARD	
1. Waking	30g	2 cups	15g	25g	35g	45g	
2. 1-3 hours before workout	30g	2 cups	15g	25g	35g	45g	
<ol> <li>1-3 hours before workout</li> <li>1/2 shake during workout, 1/2 right after</li> <li>40 minutes after workout</li> <li>2-4 hours after last meal</li> </ol>	30g whey in water						30g
4. 40 minutes after workout	30g	2 cups	10g	50g	65g	85g	
5. 2-4 hours after last meal	30g	2 cups	15g	35g	45g	65g	
6. Bedtime	30g casein in water		25g	15g	20g	30g	
TRAINING AFTER 3 MEALS				LIGHT	MODERATE	HARD	
1. Waking	30g	2 cups	15g	25g	35g	45g	
2. 3-5 hours after last meal	30g	2 cups	15g	25g	35g	45g	
3. 1-3 hours before workout	30g	2 cups	15g	25g	35g	45g	
<ol> <li>3-5 hours after last meal</li> <li>1-3 hours before workout</li> <li>1/2 shake during workout, 1/2 right after</li> <li>4. 1/2 shake during workout</li> </ol>	30g whey in water						30g
5. 40 minutes after workout	30g	2 cups	10g	50g	65g	85g	
6. Bedtime	30g casein in water		25g	25g	35g	45g	
TRAINING AFTER 4 MEALS				LIGHT	MODERATE	HARD	
1. Waking	30g	2 cups	15g	15g	20g	30g	
2. 3-5 hours after last meal	30g	2 cups	15g	15g	20g	30g	
3. 3-5 hours after last meal	30g	2 cups	15g	15g	20g	40g	
<ol> <li>3-5 hours after last meal</li> <li>3-5 hours after last meal</li> <li>4. 1-3 hours before workout</li> <li>5. 1/2 shake during workout 1/2 right after</li> </ol>	30g	2 cups	15g	35g	45g	60g	
<b>5.</b> 1/2 shake during workout, 1/2 right after	30g whey in water						60g
6. Bedtime	30g	2 cups	15g	50g	65g	90g	
NON-WEIGHT TRAINING DAY							
a. Waking	35g	2 cups	10g		25g		
2. 3-5 hours after last meal	35g	2 cups	15g		25g		
3. 3-5 hours after last meal	35g	2 cups	15g		25g		
<ol> <li>3-5 hours after last meal</li> </ol>	35g	2 cups	15g		25g		
5. Bedtime	35g casein in water		25g				

© 2017 RENAISSANCE PERIODIZATION	See enclosed FAQ for more option	s! (*Grams of protein, fat & carbs are	from healthy sources, not total weig	ht of food)			
<b>P</b> / FAT LOSS 1	Any Fish (Tuna, Salmon, etc.) Any Seafood (Shrimp, Scallops etc.) Chicken Breast Turkey Breast Any Meat 90% or Leaner Egg Whites	Broccoli         Asparagus           Spinach         Cauliflower           Tomatoes         Brussels Sprouts           Green Peppers         Green Beans           Asparagus         Zucchini           1 Cup = 1 Small Handful	Any Nuts Avocado Olive Oil Canola Oil Avocado Oil Any Natural Nut Butters	Rice (any t Whole Wh Oatmeal	Sweet Potatoes		Gatorade/Powerade Lemonade Coconut Water Advanced Carbs (Vitargo, etc.) Kool Aid Any Fruit Juice
	PROTEIN	VEGGIES	HEALTHY FATS	HE	ALTHY CAP	RBS	WORKOUT CARBS
FIRST THING AM TRAINING	· · · · · · · · · · · · · · · · · · ·	•		LIGHT	MODERATE	HARD	
<b>1.</b> 2/3 of shake upon waking, 1/3 during workout	30g whey in water						40g
2. 20 minutes after workout	30g	3 cups		50g	65g	85g	
3. 2-4 hours after last meal	30g	3 cups		35g	45g	60g	
<ol> <li>2. 20 minutes after workout</li> <li>3. 2-4 hours after last meal</li> <li>4. 3-5 hours after last meal</li> <li>5. 3-5 hours after last meal</li> </ol>	30g	3 cups		25g	35g	45g	
<b>5.</b> 3-5 hours after last meal	30g	3 cups	10g	15g	20g	30g	
6. Bedtime	30g casein in water		25g	15g	20g	30g	
TRAINING AFTER 1 MEAL				LIGHT	MODERATE	HARD	
1. 1-3 hours before workout	30g	3 cups		25g	35g	45g	
2. 1/2 shake during workout, 1/2 right after	30g whey in water						30g
<ol> <li>1/2 shake during workout, 1/2 right after</li> <li>40 minutes after workout</li> <li>2-4 hours after last meal</li> <li>5 bours after last meal</li> </ol>	30g	3 cups		50g	65g	85g	
4. 2-4 hours after last meal	30g	3 cups		35g	45g	60g	
5. 3-5 hours after last meal	30g	3 cups	10g	25g	35g	45g	
6. Bedtime	30g casein in water		25g	15g	20g	30g	
TRAINING AFTER 2 MEALS				LIGHT	MODERATE	HARD	
1. Waking	30g	3 cups		25g	35g	45g	
2. 1-3 hours before workout	30g	3 cups		25g	35g	45g	
<ol> <li>1-3 hours before workout</li> <li>1/2 shake during workout, 1/2 right after</li> <li>40 minutes after workout</li> <li>2-4 hours after last meal</li> </ol>	30g whey in water						30g
4. 40 minutes after workout	30g	3 cups		50g	65g	85g	
5. 2-4 hours after last meal	30g	3 cups	10g	35g	45g	60g	
6. Bedtime	30g casein in water		25g	15g	20g	30g	
TRAINING AFTER 3 MEALS				LIGHT	MODERATE	HARD	
1. Waking	30g	3 cups		25g	35g	45g	
🖁 2. 3-5 hours after last meal	30g	3 cups		25g	35g	45g	
<ol> <li>3-5 hours after last meal</li> <li>1-3 hours before workout</li> <li>1/2 shake during workout, 1/2 right after</li> <li>40 minutes after workout</li> </ol>	30g	3 cups		25g	35g	45g	
<b>4.</b> 1/2 shake during workout, 1/2 right after	30g whey in water						30g
<b>5.</b> 40 minutes after workout	30g	3 cups	10g	50g	65g	85g	
6. Bedtime	30g casein in water		25g	25g	35g	45g	
TRAINING AFTER 4 MEALS				LIGHT	MODERATE	HARD	
1. Waking	30g	3 cups		15g	20g	30g	
2. 3-5 hours after last meal	30g	3 cups		15g	20g	30g	
<ol> <li>3-5 hours after last meal</li> <li>3-5 hours after last meal</li> <li>4. 1-3 hours before workout</li> <li>5. 1/2 spake during workout</li> </ol>	30g	3 cups		15g	20g	30g	
4. 1-3 hours before workout	30g	3 cups	15g	35g	45g	60g	
<b>5.</b> 1/2 shake during workout, 1/2 right after	30g whey in water						60g
6. Bedtime	30g	3 cups	15g	50g	65g	85g	
NON-WEIGHT TRAINING DAY							
1. Waking	35g	3 cups			25g		
<ol> <li>3-5 hours after last meal</li> </ol>	35g	3 cups			25g		
3. 3-5 hours after last meal	35g	3 cups			25g		
4. 3-5 hours after last meal	35g	3 cups	10g		25g		
5. Bedtime	35g casein in water		25g				

	© 2017 RENAISSANCE PERIODIZATION	See enclosed FAQ for more options	s! (*Grams of protein, fat & carbs are	from healthy sources, not total weig	ht of food)			
	<b>P</b> / FAT LOSS 2	Any Fish (Tuna, Salmon, etc.) Any Seafood (Shrimp, Scallops etc.) Chicken Breast Turkey Breast Any Meat 90% or Leaner Egg Whites	Broccoli     Asparagus       Spinach     Cauliflower       Tomatoes     Brussels Sprouts       Green Peppers     Green Beans       Asparagus     Zucchini       1 Cup = 1 Small Handful	Any Nuts Avocado Olive Oil Canola Oil Avocado Oil Any Natural Nut Butters	Whole Gra Rice (any t Whole Wh Oatmeal Sweet Pota Any Fruit	ype) eat Pasta		Gatorade/Powerade Lemonade Coconut Water Advanced Carbs (Vitargo, etc.) Kool Aid Any Fruit Juice
		PROTEIN	VEGGIES	HEALTHY FATS	HE.	ALTHY CAF	RBS	WORKOUT CARBS
	FIRST THING AM TRAINING				LIGHT	MODERATE	HARD	
	1. 2/3 of shake upon waking, 1/3 during workout	30g whey in water						40g
BER	2. 20 minutes after workout	30g	3 cups		25g	50g	65g	
MUN	3. 2-4 hours after last meal	30g	3 cups			35g	45g	
MEAL NUMBER	4. 3-5 hours after last meal	30g	3 cups			25g	35g	
Σ	5. 3-5 hours after last meal	30g	3 cups	10g		15g	20g	
	6. Bedtime	30g casein in water		25g		15g	20g	
	TRAINING AFTER 1 MEAL				LIGHT	MODERATE	HARD	
	1. 1-3 hours before workout	30g	3 cups		15g	25g	35g	
3ER	2. 1/2 shake during workout, 1/2 right after	30g whey in water			No Carbs Just Whey			30g
MEAL NUMBER	3. 40 minutes after workout	30g	3 cups		25g	50g	65g	
EALN	4. 2-4 hours after last meal	30g	3 cups			35g	45g	
Σ	5. 3-5 hours after last meal	30g	3 cups	10g		25g	35g	
	6. Bedtime	30g casein in water		25g		15g	20g	
	TRAINING AFTER 2 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	30g	3 cups			25g	35g	
ЗЕR	2. 1-3 hours before workout	30g	3 cups		15g	25g	35g	
MEAL NUMBER	3. 1/2 shake during workout, 1/2 right after	30g whey in water			No Carbs Just Whey			30g
EALN	4. 40 minutes after workout	30g	3 cups		25g	50g	65g	
М	5. 2-4 hours after last meal	30g	3 cups	10g		35g	45g	
	6. Bedtime	30g casein in water		25g		15g	20g	
	TRAINING AFTER 3 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	30g	3 cups			25g	35g	
ЗЕR	2. 3-5 hours after last meal	30g	3 cups			25g	35g	
IUMI	3. 1-3 hours before workout	30g	3 cups		15g	25g	35g	
MEAL NUMBER	<b>4.</b> 1/2 shake during workout, 1/2 right after	30g whey in water			No Carbs Just Whey			30g
Σ	5. 40 minutes after workout	30g	3 cups	10g	25g	50g	65g	
	6. Bedtime	30g casein in water		25g		25g	35g	
	TRAINING AFTER 4 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	30g	3 cups			15g	20g	
BER	2. 3-5 hours after last meal	30g	3 cups			15g	20g	
MEAL NUMBER	3. 3-5 hours after last meal	30g	3 cups			15g	20g	
EALI	<ol> <li>1-3 hours before workout</li> </ol>	30g	3 cups	15g	15g	35g	45g	
Σ	5. 1/2 shake during workout, 1/2 right after	30g whey in water			No Carbs Just Whey			60g
	6. Bedtime	30g	3 cups	15g	25g	50g	65g	
	NON-WEIGHT TRAINING DAY							
ŝ	1. Waking	35g	3 cups					
MEAL NUMBER	2. 3-5 hours after last meal	35g	3 cups					
	3. 3-5 hours after last meal	35g	3 cups			25g		
MEA	4. 3-5 hours after last meal	35g	3 cups	10g		25g		
	5. Bedtime	35g casein in water		25g				

0	© 2017 RENAISSANCE PERIODIZATION	See enclosed FAQ for more options! (*Grams of protein, fat & carbs are from healthy sources, not total weight of food)							
l	TRP / FAT LOSS 3	Any Fish (Tuna, Salmon, etc.) Any Seafood (Shrimp, Scallops etc.) Chicken Breast Turkey Breast Any Meat 90% or Leaner Egg Whites	Broccoli     Asparagus       Spinach     Cauliflower       Tomatoes     Brussels Sprouts       Green Peppers     Green Beans       Asparagus     Zucchini       1 Cup = 1 Small Handful	Any Nuts Avocado Olive Oil Canola Oil Avocado Oil Any Natural Nut Butters	Whole Gra Rice (any t Whole Wh Oatmeal Sweet Pota Any Fruit	ype) eat Pasta		Gatorade/Powerade Lemonade Coconut Water Advanced Carbs (Vitargo, etc.) Kool Aid Any Fruit Juice	
		PROTEIN	VEGGIES	HEALTHY FATS	HE.	ALTHY CAR	RBS	WORKOUT CARBS	
	FIRST THING AM TRAINING				LIGHT	MODERATE	HARD		
	1. 2/3 of shake upon waking, 1/3 during workout	30g whey in water			No Carbs Just Whey			40g	
BER	2. 20 minutes after workout	30g	3 cups			25g	50g		
MEAL NUMBER	<ol> <li>2-4 hours after last meal</li> </ol>	30g	3 cups				35g		
EAL	<ol> <li>3-5 hours after last meal</li> </ol>	30g	3 cups				25g		
Σ	5. 3-5 hours after last meal	30g	3 cups				15g		
	6. Bedtime	30g casein in water					15g		
1	TRAINING AFTER 1 MEAL				LIGHT	MODERATE	HARD		
	1. 1-3 hours before workout	30g	3 cups			15g	25g		
ËR	2. 1/2 shake during workout, 1/2 right after	30g whey in water			No Carbs Just Whey	No Carbs Just Whey		30g	
MEAL NUMBER	3. 40 minutes after workout	30g	3 cups			25g	50g		
AL N	<ol> <li>2-4 hours after last meal</li> </ol>	30g	3 cups				35g		
B	5. 3-5 hours after last meal	30g	3 cups				25g		
	6. Bedtime	30g casein in water					15g		
٦	TRAINING AFTER 2 MEALS				LIGHT	MODERATE	HARD		
	1. Waking	30g	3 cups				25g		
Ë	2. 1-3 hours before workout	30g	3 cups			15g	25g		
MEAL NUMBER	3. 1/2 shake during workout, 1/2 right after	30g whey in water			No Carbs Just Whey	No Carbs Just Whey		30g	
EAL N	4. 40 minutes after workout	30g	3 cups			25g	50g		
Β	5. 2-4 hours after last meal	30g	3 cups				35g		
	6. Bedtime	30g casein in water					15g		
٦	TRAINING AFTER 3 MEALS				LIGHT	MODERATE	HARD		
	1. Waking	30g	3 cups				25g		
ű	2. 3-5 hours after last meal	30g	3 cups				25g		
MEAL NUMBER	3. 1-3 hours before workout	30g	3 cups			15g	25g		
AL N	4. 1/2 shake during workout, 1/2 right after	30g whey in water			No Carbs Just Whey	No Carbs Just Whey		30g	
M	5. 40 minutes after workout	30g	3 cups			25g	50g		
	6. Bedtime	30g casein in water					25g		
٦	TRAINING AFTER 4 MEALS				LIGHT	MODERATE	HARD		
	1. Waking	30g	3 cups				15g		
ű	2. 3-5 hours after last meal	30g	3 cups				15g		
MEAL NUMBER	3. 3-5 hours after last meal	30g	3 cups				15g		
AL N	4. 1-3 hours before workout	30g	3 cups			15g	35g		
Ψ	5. 1/2 shake during workout, 1/2 right after	30g whey in water			No Carbs Just Whey	No Carbs Just Whey		60g	
	6. Bedtime	30g	3 cups			25g	50g		
I	NON-WEIGHT TRAINING DAY								
~	1. Waking	35g	3 cups						
MEAL NUMBER	2. 3-5 hours after last meal	35g	3 cups						
R	3. 3-5 hours after last meal	35g	3 cups						
МЕА	4. 3-5 hours after last meal	35g	3 cups						
	5. Bedtime	35g casein in water							

C	2017 RENAISSANCE PERIODIZATION	See enclosed FAQ for more options	s! (*Grams of protein, fat & carbs are f	from healthy sources, not total weig	ht of food)			
		Any Fish (Tuna, Salmon, etc.) Any Seafood (Shrimp, Scallops etc.)	Broccoli Asparagus Spinach Cauliflower	Any Nuts Avocado	Whole Gra Rice (any t	Whole Grain Bread		Gatorade/Powerade Lemonade
	RP / MAINTENANCE 1	Chicken Breast	Tomatoes Brussels Sprouts	Olive Oil	Whole Wh			Coconut Water
		Turkey Breast Any Meat 90% or Leaner	Green Peppers Green Beans Asparagus Zucchini	Canola Oil Avocado Oil	Oatmeal Sweet Pota	Sweet Potatoes		Advanced Carbs (Vitargo, etc.) Kool Aid
		Egg Whites	1 Cup = 1 Small Handful	Any Natural Nut Butters	Any Fruit			Any Fruit Juice
		PROTEIN	VEGGIES	HEALTHY FATS	HE	ALTHY CAF	BS	WORKOUT CARBS
-	IRST THING AM TRAINING	•	•	•	LIGHT	MODERATE	HARD	
	I. 2/3 of shake upon waking, 1/3 during workout	30g whey in water						40g
BER	2. 20 minutes after workout	30g	3 cups		25g	50g	65g	
MUM	3. 2-4 hours after last meal	30g	3 cups			35g	45g	
<u> </u>	<ol> <li>3-5 hours after last meal</li> </ol>	30g	3 cups			25g	35g	
Σ	5. 3-5 hours after last meal	30g	3 cups	10g		15g	20g	
	5. Bedtime	30g casein in water		25g		15g	20g	
T	RAINING AFTER 1 MEAL				LIGHT	MODERATE	HARD	
	I. 1-3 hours before workout	30g	3 cups		15g	25g	35g	
ER	2. 1/2 shake during workout, 1/2 right after	30g whey in water			No Carbs Just Whey			30g
MEAL NUMBER	3. 40 minutes after workout	30g	3 cups		25g	50g	65g	
AL N	<ol> <li>2-4 hours after last meal</li> </ol>	30g	3 cups			35g	45g	
W	5. 3-5 hours after last meal	30g	3 cups	10g		25g	35g	
	6. Bedtime	30g casein in water		25g		15g	20g	
T	RAINING AFTER 2 MEALS				LIGHT	MODERATE	HARD	
	I. Waking	30g	3 cups			25g	35g	
ER	2. 1-3 hours before workout	30g	3 cups		15g	25g	35g	
MEAL NUMBER	3. 1/2 shake during workout, 1/2 right after	30g whey in water			No Carbs Just Whey			30g
AL N	4. 40 minutes after workout	30g	3 cups		25g	50g	65g	
Ψ	5. 2-4 hours after last meal	30g	3 cups	10g		35g	45g	
	6. Bedtime	30g casein in water		25g		15g	20g	
T	RAINING AFTER 3 MEALS				LIGHT	MODERATE	HARD	
	. Waking	30g	3 cups			25g	35g	
Ë	2. 3-5 hours after last meal	30g	3 cups			25g	35g	
IUME	3. 1-3 hours before workout	30g	3 cups		15g	25g	35g	
MEAL NUMBER	<ol> <li>1/2 shake during workout, 1/2 right after</li> </ol>	30g whey in water			No Carbs Just Whey			30g
M	5. 40 minutes after workout	30g	3 cups	10g	25g	50g	65g	
	6. Bedtime	30g casein in water		25g		25g	35g	
T	RAINING AFTER 4 MEALS				LIGHT	MODERATE	HARD	
	I. Waking	30g	3 cups			15g	20g	
ER	2. 3-5 hours after last meal	30g	3 cups			15g	20g	
IUME	3. 3-5 hours after last meal	30g	3 cups			15g	20g	
MEAL NUMBER	<ol> <li>1-3 hours before workout</li> </ol>	30g	3 cups	15g	15g	35g	45g	
M	5. 1/2 shake during workout, 1/2 right after	30g whey in water			No Carbs Just Whey			60g
	6. Bedtime	30g	3 cups	15g	25g	50g	65g	
	ION-WEIGHT TRAINING DAY							
~	I. Waking	35g	3 cups					
MEAL NUMBER	2. 3-5 hours after last meal	35g	3 cups					
L NU	3. 3-5 hours after last meal	35g	3 cups			25g		
MEA	<ol> <li>3-5 hours after last meal</li> </ol>	35g	3 cups	10g		25g		
	5. Bedtime	35g casein in water		25g				

	© 2017 RENAISSANCE PERIODIZATION			from healthy sources, not total weight				
		Any Fish (Tuna, Salmon, etc.) Any Seafood (Shrimp, Scallops etc.)	Broccoli Asparagus Spinach Cauliflower	Any Nuts Avocado	Whole Gra Rice (any t	ype)		Gatorade/Powerade Lemonade
	<b>MAINTENANCE 2</b>	Chicken Breast Turkey Breast	TomatoesBrussels SproutsGreen PeppersGreen Beans	Olive Oil Canola Oil	Whole Wh Oatmeal			Coconut Water Advanced Carbs (Vitargo, etc.)
	• • • • • • • • • • • • • • • • • • • •	Any Meat 90% or Leaner Egg Whites	Asparagus Zucchini 1 Cup = 1 Small Handful	Avocado Oil Any Natural Nut Butters	Sweet Pot Any Fruit	atoes		Kool Aid Any Fruit Juice
		PROTEIN	VEGGIES	HEALTHY FATS	-	ALTHY CAP	RBS	WORKOUT CARBS
	FIRST THING AM TRAINING				LIGHT	MODERATE	HARD	
	1. 2/3 of shake upon waking, 1/3 during workout	30g whey in water						40g
ËR	2. 20 minutes after workout	30g	3 cups		50g	65g	85g	
MEAL NUMBER	3. 2-4 hours after last meal	30g	3 cups		35g	45g	60g	
EALN	<ol> <li>3-5 hours after last meal</li> </ol>	30g	3 cups		25g	35g	45g	
Σ	5. 3-5 hours after last meal	30g	3 cups	10g	15g	20g	30g	
	6. Bedtime	30g casein in water		25g	15g	20g	30g	
	FRAINING AFTER 1 MEAL				LIGHT	MODERATE	HARD	
	1. 1-3 hours before workout	30g	3 cups		25g	35g	45g	
ä	2. 1/2 shake during workout, 1/2 right after	30g whey in water						30g
MUN	3. 40 minutes after workout	30g	3 cups		50g	65g	85g	
MEAL NUMBER	4. 2-4 hours after last meal	30g	3 cups		35g	45g	60g	
Σ	5. 3-5 hours after last meal	30g	3 cups	10g	25g	35g	45g	
	6. Bedtime	30g casein in water		25g	15g	20g	30g	
	TRAINING AFTER 2 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	30g	3 cups		25g	35g	45g	
MEAL NUMBER	<ol> <li>1-3 hours before workout</li> </ol>	30g	3 cups		25g	35g	45g	
	<ol> <li>1/2 shake during workout, 1/2 right after</li> </ol>	30g whey in water						30g
EALI	4. 40 minutes after workout	30g	3 cups		50g	65g	85g	
Σ	5. 2-4 hours after last meal	30g	3 cups	10g	35g	45g	60g	
	6. Bedtime	30g casein in water		25g	15g	20g	30g	
_	TRAINING AFTER 3 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	30g	3 cups		25g	35g	45g	
IBER	2. 3-5 hours after last meal	30g	3 cups		25g	35g	45g	
MEAL NUMBER	3. 1-3 hours before workout	30g	3 cups		25g	35g	45g	
IEAL	4. 1/2 shake during workout, 1/2 right after	30g whey in water						30g
Σ	5. 40 minutes after workout	30g	3 cups	10g	50g	65g	85g	
	6. Bedtime	30g casein in water		25g	25g	35g	45g	
	TRAINING AFTER 4 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	30g	3 cups		15g	20g	30g	
BER	2. 3-5 hours after last meal	30g	3 cups		15g	20g	30g	
NUN	3. 3-5 hours after last meal	30g	3 cups		15g	20g	30g	
MEAL NUMBER	4. 1-3 hours before workout	30g	3 cups	15g	35g	45g	60g	
2	5. 1/2 shake during workout, 1/2 right after	30g whey in water			_			60g
	6. Bedtime	30g	3 cups	15g	50g	65g	85g	
	NON-WEIGHT TRAINING DAY							
ä	1. Waking	35g	3 cups			25g		
UMBI	2. 3-5 hours after last meal	35g	3 cups			25g		
MEAL NUMBER	3. 3-5 hours after last meal	35g	3 cups			25g		
ME	4. 3-5 hours after last meal	35g	3 cups	10g		25g		
	5. Bedtime	35g casein in water		25g				

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RP / NEW BASE	Any Fish (Tuna, Salmon, etc.) Any Seafood (Shrimp, Scallops etc.) Chicken Breast Turkey Breast Any Meat 90% or Leaner Egg Whites	Broccoli     Asparagus       Spinach     Cauliflower       Tomatoes     Brussels Sprouts       Green Peppers     Green Beans       Asparagus     Zucchini       1 Cup = 1 Small Handful	Any Nuts Avocado Olive Oil Canola Oil Avocado Oil Any Natural Nut Butters	Rice (any t Whole Wh Oatmeal Sweet Pota Any Fruit	Sweet Potatoes		Gatorade/Powerade Lemonade Coconut Water Advanced Carbs (Vitargo, etc.) Kool Aid Any Fruit Juice
	PROTEIN	VEGGIES	HEALTHY FATS	HE.	ALTHY CAF	RBS	WORKOUT CARBS
FIRST THING AM TRAINING			•	LIGHT	MODERATE	HARD	
1. 2/3 of shake upon waking, 1/3 during workout	25g whey in water						40g
2. 20 minutes after workout	25g	2 cups	10g	50g	65g	80g	
3. 2-4 hours after last meal	25g	2 cups	15g	30g	40g	55g	
<ol> <li>2. 20 minutes after workout</li> <li>3. 2-4 hours after last meal</li> <li>4. 3-5 hours after last meal</li> <li>5. 4. 5 hours after last meal</li> </ol>	25g	2 cups	15g	25g	30g	40g	
5. 3-5 hours after last meal	25g	2 cups	15g	15g	20g	30g	
6. Bedtime	25g casein in water		25g	15g	20g	30g	
TRAINING AFTER 1 MEAL				LIGHT	MODERATE	HARD	
1. 1-3 hours before workout	25g	2 cups	15g	25g	30g	40g	
2. 1/2 shake during workout, 1/2 right after	25g whey in water						25g
<ol> <li>1/2 shake during workout, 1/2 right after</li> <li>40 minutes after workout</li> <li>2-4 hours after last meal</li> <li>5 a 5 hours after last meal</li> </ol>	25g	2 cups	10g	50g	65g	80g	
4. 2-4 hours after last meal	25g	2 cups	15g	30g	40g	55g	
5. 3-5 hours after last meal	25g	2 cups	15g	25g	30g	40g	
6. Bedtime	25g casein in water		25g	15g	20g	30g	
TRAINING AFTER 2 MEALS				LIGHT	MODERATE	HARD	
1. Waking	25g	2 cups	15g	25g	30g	40g	
2. 1-3 hours before workout	25g	2 cups	15g	25g	30g	40g	
<ol> <li>1-3 hours before workout</li> <li>1/2 shake during workout, 1/2 right after</li> <li>40 minutes after workout</li> <li>2 4 hours after last model</li> </ol>	25g whey in water						25g
4. 40 minutes after workout	25g	2 cups	10g	50g	65g	80g	
5. 2-4 hours after last meal	25g	2 cups	15g	30g	40g	55g	
6. Bedtime	25g casein in water		25g	15g	20g	30g	
TRAINING AFTER 3 MEALS				LIGHT	MODERATE	HARD	
1. Waking	25g	2 cups	15g	25g	30g	40g	
2. 3-5 hours after last meal	25g	2 cups	15g	25g	30g	40g	
3. 1-3 hours before workout	25g	2 cups	15g	25g	30g	40g	
<ol> <li>3. 1-3 hours after last meal</li> <li>1/2 shake during workout, 1/2 right after</li> <li>4. 1/2 shake during workout, 1/2 right after</li> </ol>	25g whey in water						25g
5. 40 minutes after workout	25g	2 cups	10g	50g	65g	80g	
6. Bedtime	25g casein in water		25g	25g	30g	40g	
TRAINING AFTER 4 MEALS				LIGHT	MODERATE	HARD	
1. Waking	25g	2 cups	15g	15g	20g	30g	
2. 3-5 hours after last meal	25g	2 cups	15g	15g	20g	30g	
3. 3-5 hours after last meal	25g	2 cups	15g	15g	20g	30g	
<ol> <li>3-5 hours after last meal</li> <li>3-5 hours after last meal</li> <li>1-3 hours before workout</li> <li>1/2 shake during workout 1/2 right after</li> </ol>	25g	2 cups	15g	30g	40g	55g	
<b>5.</b> 1/2 shake during workout, 1/2 right after	25g whey in water						55g
6. Bedtime	25g	2 cups	15g	50g	65g	80g	
NON-WEIGHT TRAINING DAY							
₂ 1. Waking	30g	2 cups	10g		25g		
<ol> <li>3-5 hours after last meal</li> </ol>	30g	2 cups	15g		25g		
3. 3-5 hours after last meal	30g	2 cups	15g		25g		
4. 3-5 hours after last meal	30g	2 cups	15g		25g		
5. Bedtime	30g casein in water		25g				