

## RP Diet Template Quick Tips

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

Welcome To The Templates



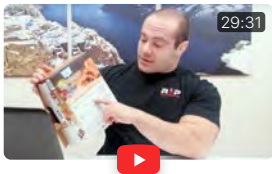
1

Template Walkthrough



2

Common Template Questions



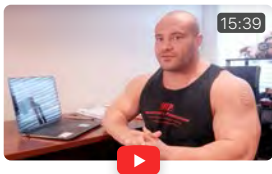
3

Customer Support



4

Workout Volumes and Carb Amounts



5

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 [this article](#) on getting started with your templates.

- 1 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.

- 2 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).

- 3 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.

- 4 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.

- 5 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.

- 6 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.

- 7 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.

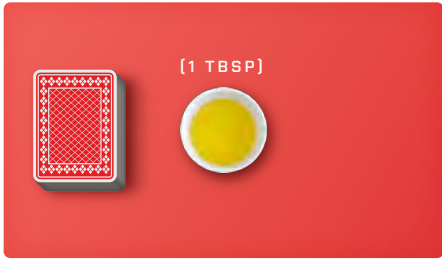
If you accidentally start with Fat Loss 3 or Muscle Gain 3, you're going to have very poor results and a very tough time, so please make sure you're using the right sheets at the right times.

- 8 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).

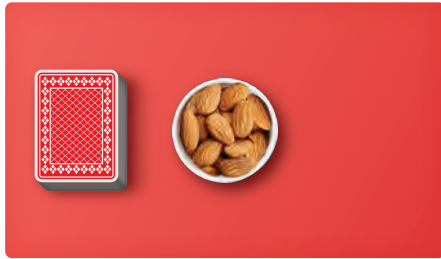
If you have specific questions regarding your templates after reading/watching all of the How-To and FAQs, please ask your questions in the [RP Clients group on Facebook](#). Our group has tens of thousands of members and tons of veterans of RP that can help!

- 9 If you'd like more in-depth assistance, please consider our [Members-Only site](#) where ALL of your direct template-use questions are GUARANTEED to be answered by an RP staff member.

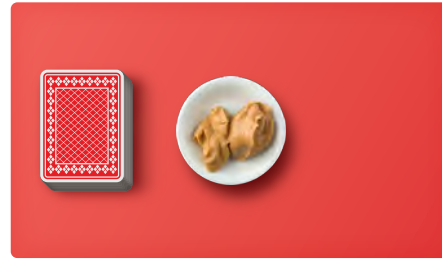
SAMPLE SERVING SIZES



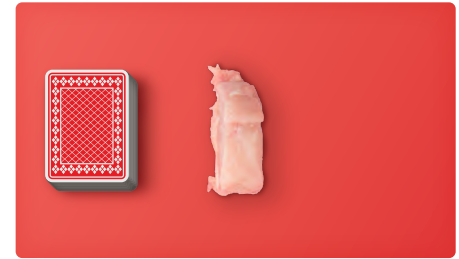
**15G**  
FAT FROM OIL



**15G**  
FAT FROM NUTS



**15G**  
FAT FROM NUT BUTTER



**20G**  
OF PROTEIN



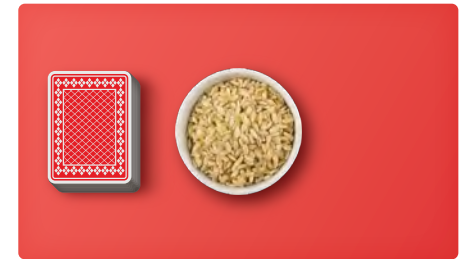
**40G**  
OF PROTEIN



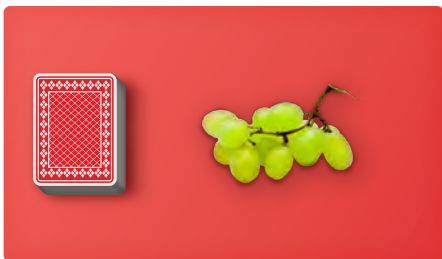
**1 CUP**  
VEGGIES



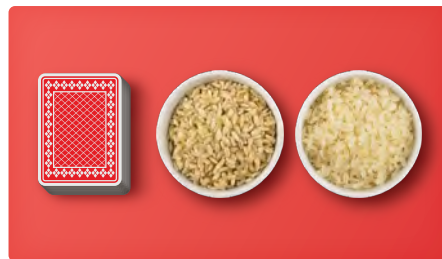
**2 CUPS**  
VEGGIES



**30G**  
CARBS FROM GRAINS



**30G**  
CARBS FROM FRUIT



**60G**  
CARBS FROM GRAINS



**60G**  
CARBS FROM FRUIT



Any Fish (Tuna, Salmon, etc.)  
Any Seafood (Shrimp, Scallops etc.)  
Chicken Breast  
Turkey Breast  
Any Meat 90% or Leaner  
Egg Whites

**PROTEIN**

Broccoli Asparagus  
Spinach Cauliflower  
Tomatoes Brussels Sprouts  
Green Peppers Green Beans  
Asparagus Zucchini  
1 Cup = 1 Small Handful

**VEGGIES**

Any Nuts  
Avocado  
Olive Oil  
Canola Oil  
Avocado Oil  
Any Natural Nut Butters

**HEALTHY FATS**

Whole Grain Bread  
Rice (any type)  
Whole Wheat Pasta  
Oatmeal  
Sweet Potatoes  
Any Fruit

**HEALTHY CARBS**

Gatorade/Powerade  
Lemonade  
Coconut Water  
Advanced Carbs (Vitargo, etc.)  
Kool Aid  
Any Fruit Juice

**WORKOUT CARBS**

**FIRST THING AM TRAINING**

MEAL NUMBER	Description	PROTEIN	VEGGIES	HEALTHY FATS	HEALTHY CARBS			WORKOUT CARBS
					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	
4.	3-5 hours after last meal	30g	2 cups	15g	25g	35g	45g	
5.	3-5 hours after last meal	30g	2 cups	15g	15g	20g	30g	
6.	Bedtime	30g casein in water		25g	15g	20g	30g	

**TRAINING AFTER 1 MEAL**

MEAL NUMBER	Description	PROTEIN	VEGGIES	HEALTHY FATS	HEALTHY CARBS			WORKOUT CARBS
					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
3.	40 minutes after workout	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**

MEAL NUMBER	Description	PROTEIN	VEGGIES	HEALTHY FATS	HEALTHY CARBS			WORKOUT CARBS
					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	
3.	1/2 shake during workout, 1/2 right after	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**

MEAL NUMBER	Description	PROTEIN	VEGGIES	HEALTHY FATS	HEALTHY CARBS			WORKOUT CARBS
					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	
4.	1/2 shake during workout, 1/2 right after	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**

MEAL NUMBER	Description	PROTEIN	VEGGIES	HEALTHY FATS	HEALTHY CARBS			WORKOUT CARBS
					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	
4.	1-3 hours before workout	30g	2 cups	15g	35g	45g	60g	
5.	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**

MEAL NUMBER	Description	PROTEIN	VEGGIES	HEALTHY FATS	HEALTHY CARBS			WORKOUT CARBS
					LIGHT	MODERATE	HARD	
1.	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		
4.	3-5 hours after last meal	35g	2 cups	15g		25g		
5.	Bedtime	35g casein in water		25g				

# RP / FAT LOSS 1

Any Fish (Tuna, Salmon, etc.)  
Any Seafood (Shrimp, Scallops etc.)  
Chicken Breast  
Turkey Breast  
Any Meat 90% or Leaner  
Egg Whites

### PROTEIN

Broccoli  
Spinach  
Tomatoes  
Green Peppers  
Asparagus  
Asparagus  
Zucchini

### VEGGIES

Any Nuts  
Avocado  
Olive Oil  
Canola Oil  
Avocado Oil  
Any Natural Nut Butters

### HEALTHY FATS

Whole Grain Bread  
Rice (any type)  
Whole Wheat Pasta  
Oatmeal  
Sweet Potatoes  
Any Fruit

### HEALTHY CARBS

Gatorade/Powerade  
Lemonade  
Coconut Water  
Advanced Carbs (Vitargo, etc.)  
Kool Aid  
Any Fruit Juice

### WORKOUT CARBS

## FIRST THING AM TRAINING

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					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	3 cups		50g	65g	85g	
3.	2-4 hours after last meal	30g	3 cups		35g	45g	60g	
4.	3-5 hours after last meal	30g	3 cups		25g	35g	45g	
5.	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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					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
3.	40 minutes after workout	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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	30g	3 cups		25g	35g	45g	
2.	1-3 hours before workout	30g	3 cups		25g	35g	45g	
3.	1/2 shake during workout, 1/2 right after	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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	30g	3 cups		25g	35g	45g	
2.	3-5 hours after last meal	30g	3 cups		25g	35g	45g	
3.	1-3 hours before workout	30g	3 cups		25g	35g	45g	
4.	1/2 shake during workout, 1/2 right after	30g whey in water						30g
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	30g	3 cups		15g	20g	30g	
2.	3-5 hours after last meal	30g	3 cups		15g	20g	30g	
3.	3-5 hours after last meal	30g	3 cups		15g	20g	30g	
4.	1-3 hours before workout	30g	3 cups	15g	35g	45g	60g	
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	35g	3 cups			25g		
2.	3-5 hours after last meal	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				

# RP / FAT LOSS 2

Any Fish (Tuna, Salmon, etc.)  
Any Seafood (Shrimp, Scallops etc.)  
Chicken Breast  
Turkey Breast  
Any Meat 90% or Leaner  
Egg Whites

### PROTEIN

Broccoli Spinach Tomatoes Green Peppers Asparagus  
Asparagus Cauliflower Brussels Sprouts Green Beans Zucchini  
1 Cup = 1 Small Handful

### VEGGIES

Any Nuts Avocado Olive Oil Canola Oil Avocado Oil Any Natural Nut Butters

### HEALTHY FATS

Whole Grain Bread Rice (any type) Whole Wheat Pasta Oatmeal Sweet Potatoes Any Fruit

### HEALTHY CARBS

Gatorade/Powerade Lemonade Coconut Water Advanced Carbs (Vitargo, etc.) Kool Aid Any Fruit Juice

### WORKOUT CARBS

## FIRST THING AM TRAINING

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					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	3 cups		25g	50g	65g	
3.	2-4 hours after last meal	30g	3 cups			35g	45g	
4.	3-5 hours after last meal	30g	3 cups			25g	35g	
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					Light	Moderate	Hard	
1.	1-3 hours before workout	30g	3 cups		15g	25g	35g	
2.	1/2 shake during workout, 1/2 right after	30g whey in water			No Carbs Just Whey			30g
3.	40 minutes after workout	30g	3 cups		25g	50g	65g	
4.	2-4 hours after last meal	30g	3 cups			35g	45g	
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	30g	3 cups			25g	35g	
2.	1-3 hours before workout	30g	3 cups		15g	25g	35g	
3.	1/2 shake during workout, 1/2 right after	30g whey in water			No Carbs Just Whey			30g
4.	40 minutes after workout	30g	3 cups		25g	50g	65g	
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	30g	3 cups			25g	35g	
2.	3-5 hours after last meal	30g	3 cups			25g	35g	
3.	1-3 hours before workout	30g	3 cups		15g	25g	35g	
4.	1/2 shake during workout, 1/2 right after	30g whey in water			No Carbs Just Whey			30g
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	30g	3 cups			15g	20g	
2.	3-5 hours after last meal	30g	3 cups			15g	20g	
3.	3-5 hours after last meal	30g	3 cups			15g	20g	
4.	1-3 hours before workout	30g	3 cups	15g	15g	35g	45g	
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	35g	3 cups					
2.	3-5 hours after last meal	35g	3 cups					
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				



# RP / FAT LOSS 3

Any Fish (Tuna, Salmon, etc.)  
Any Seafood (Shrimp, Scallops etc.)  
Chicken Breast  
Turkey Breast  
Any Meat 90% or Leaner  
Egg Whites

### PROTEIN

Broccoli  
Spinach  
Tomatoes  
Green Peppers  
Asparagus  
Asparagus  
Zucchini

### VEGGIES

Any Nuts  
Avocado  
Olive Oil  
Canola Oil  
Avocado Oil  
Any Natural Nut Butters

### HEALTHY FATS

Whole Grain Bread  
Rice (any type)  
Whole Wheat Pasta  
Oatmeal  
Sweet Potatoes  
Any Fruit

### HEALTHY CARBS

Gatorade/Powerade  
Lemonade  
Coconut Water  
Advanced Carbs (Vitargo, etc.)  
Kool Aid  
Any Fruit Juice

### WORKOUT CARBS

## FIRST THING AM TRAINING

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	LIGHT	MODERATE	HARD	Workout Carbs
					No Carbs Just Whey			
1.	2/3 of shake upon waking, 1/3 during workout	30g whey in water						40g
2.	20 minutes after workout	30g	3 cups			25g	50g	
3.	2-4 hours after last meal	30g	3 cups				35g	
4.	3-5 hours after last meal	30g	3 cups				25g	
5.	3-5 hours after last meal	30g	3 cups				15g	
6.	Bedtime	30g casein in water					15g	

## TRAINING AFTER 1 MEAL

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	LIGHT	MODERATE	HARD	Workout Carbs
					No Carbs Just Whey	No Carbs Just Whey		
1.	1-3 hours before workout	30g	3 cups			15g	25g	
2.	1/2 shake during workout, 1/2 right after	30g whey in water						30g
3.	40 minutes after workout	30g	3 cups			25g	50g	
4.	2-4 hours after last meal	30g	3 cups				35g	
5.	3-5 hours after last meal	30g	3 cups				25g	
6.	Bedtime	30g casein in water					15g	

## TRAINING AFTER 2 MEALS

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	LIGHT	MODERATE	HARD	Workout Carbs
					No Carbs Just Whey	No Carbs Just Whey		
1.	Waking	30g	3 cups				25g	
2.	1-3 hours before workout	30g	3 cups			15g	25g	
3.	1/2 shake during workout, 1/2 right after	30g whey in water						30g
4.	40 minutes after workout	30g	3 cups			25g	50g	
5.	2-4 hours after last meal	30g	3 cups				35g	
6.	Bedtime	30g casein in water					15g	

## TRAINING AFTER 3 MEALS

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	LIGHT	MODERATE	HARD	Workout Carbs
					No Carbs Just Whey	No Carbs Just Whey		
1.	Waking	30g	3 cups				25g	
2.	3-5 hours after last meal	30g	3 cups				25g	
3.	1-3 hours before workout	30g	3 cups			15g	25g	
4.	1/2 shake during workout, 1/2 right after	30g whey in water						30g
5.	40 minutes after workout	30g	3 cups			25g	50g	
6.	Bedtime	30g casein in water					25g	

## TRAINING AFTER 4 MEALS

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	LIGHT	MODERATE	HARD	Workout Carbs
					No Carbs Just Whey	No Carbs Just Whey		
1.	Waking	30g	3 cups				15g	
2.	3-5 hours after last meal	30g	3 cups				15g	
3.	3-5 hours after last meal	30g	3 cups				15g	
4.	1-3 hours before workout	30g	3 cups			15g	35g	
5.	1/2 shake during workout, 1/2 right after	30g whey in water						60g
6.	Bedtime	30g	3 cups			25g	50g	

## NON-WEIGHT TRAINING DAY

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	LIGHT	MODERATE	HARD	Workout Carbs
1.	Waking	35g	3 cups					
2.	3-5 hours after last meal	35g	3 cups					
3.	3-5 hours after last meal	35g	3 cups					
4.	3-5 hours after last meal	35g	3 cups					
5.	Bedtime	35g casein in water						

# RP / MAINTENANCE 1

Any Fish (Tuna, Salmon, etc.)  
Any Seafood (Shrimp, Scallops etc.)  
Chicken Breast  
Turkey Breast  
Any Meat 90% or Leaner  
Egg Whites

## PROTEIN

Broccoli  
Spinach  
Tomatoes  
Green Peppers  
Asparagus  
Asparagus  
Zucchini  
1 Cup = 1 Small Handful

## VEGGIES

Any Nuts  
Avocado  
Olive Oil  
Canola Oil  
Avocado Oil  
Any Natural Nut Butters

## HEALTHY FATS

Whole Grain Bread  
Rice (any type)  
Whole Wheat Pasta  
Oatmeal  
Sweet Potatoes  
Any Fruit

## HEALTHY CARBS

Gatorade/Powerade  
Lemonade  
Coconut Water  
Advanced Carbs (Vitargo, etc.)  
Kool Aid  
Any Fruit Juice

## WORKOUT CARBS

### FIRST THING AM TRAINING

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					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	3 cups		25g	50g	65g	
3.	2-4 hours after last meal	30g	3 cups			35g	45g	
4.	3-5 hours after last meal	30g	3 cups			25g	35g	
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					Light	Moderate	Hard	
1.	1-3 hours before workout	30g	3 cups		15g	25g	35g	
2.	1/2 shake during workout, 1/2 right after	30g whey in water			No Carbs Just Whey			30g
3.	40 minutes after workout	30g	3 cups		25g	50g	65g	
4.	2-4 hours after last meal	30g	3 cups			35g	45g	
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	30g	3 cups			25g	35g	
2.	1-3 hours before workout	30g	3 cups		15g	25g	35g	
3.	1/2 shake during workout, 1/2 right after	30g whey in water			No Carbs Just Whey			30g
4.	40 minutes after workout	30g	3 cups		25g	50g	65g	
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	30g	3 cups			25g	35g	
2.	3-5 hours after last meal	30g	3 cups			25g	35g	
3.	1-3 hours before workout	30g	3 cups		15g	25g	35g	
4.	1/2 shake during workout, 1/2 right after	30g whey in water			No Carbs Just Whey			30g
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	30g	3 cups			15g	20g	
2.	3-5 hours after last meal	30g	3 cups			15g	20g	
3.	3-5 hours after last meal	30g	3 cups			15g	20g	
4.	1-3 hours before workout	30g	3 cups	15g	15g	35g	45g	
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	35g	3 cups					
2.	3-5 hours after last meal	35g	3 cups					
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				

# RP / MAINTENANCE 2

Any Fish (Tuna, Salmon, etc.)  
Any Seafood (Shrimp, Scallops etc.)  
Chicken Breast  
Turkey Breast  
Any Meat 90% or Leaner  
Egg Whites

### PROTEIN

Broccoli  
Spinach  
Tomatoes  
Green Peppers  
Asparagus  
Asparagus  
Zucchini  
1 Cup = 1 Small Handful

### VEGGIES

Any Nuts  
Avocado  
Olive Oil  
Canola Oil  
Avocado Oil  
Any Natural Nut Butters

### HEALTHY FATS

Whole Grain Bread  
Rice (any type)  
Whole Wheat Pasta  
Oatmeal  
Sweet Potatoes  
Any Fruit

### HEALTHY CARBS

Gatorade/Powerade  
Lemonade  
Coconut Water  
Advanced Carbs (Vitargo, etc.)  
Kool Aid  
Any Fruit Juice

### WORKOUT CARBS

## FIRST THING AM TRAINING

MEAL NUMBER	Description	PROTEIN	VEGGIES	HEALTHY FATS	HEALTHY CARBS			WORKOUT CARBS
					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	3 cups		50g	65g	85g	
3.	2-4 hours after last meal	30g	3 cups		35g	45g	60g	
4.	3-5 hours after last meal	30g	3 cups		25g	35g	45g	
5.	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

MEAL NUMBER	Description	PROTEIN	VEGGIES	HEALTHY FATS	HEALTHY CARBS			WORKOUT CARBS
					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
3.	40 minutes after workout	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

MEAL NUMBER	Description	PROTEIN	VEGGIES	HEALTHY FATS	HEALTHY CARBS			WORKOUT CARBS
					LIGHT	MODERATE	HARD	
1.	Waking	30g	3 cups		25g	35g	45g	
2.	1-3 hours before workout	30g	3 cups		25g	35g	45g	
3.	1/2 shake during workout, 1/2 right after	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

MEAL NUMBER	Description	PROTEIN	VEGGIES	HEALTHY FATS	HEALTHY CARBS			WORKOUT CARBS
					LIGHT	MODERATE	HARD	
1.	Waking	30g	3 cups		25g	35g	45g	
2.	3-5 hours after last meal	30g	3 cups		25g	35g	45g	
3.	1-3 hours before workout	30g	3 cups		25g	35g	45g	
4.	1/2 shake during workout, 1/2 right after	30g whey in water						30g
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

MEAL NUMBER	Description	PROTEIN	VEGGIES	HEALTHY FATS	HEALTHY CARBS			WORKOUT CARBS
					LIGHT	MODERATE	HARD	
1.	Waking	30g	3 cups		15g	20g	30g	
2.	3-5 hours after last meal	30g	3 cups		15g	20g	30g	
3.	3-5 hours after last meal	30g	3 cups		15g	20g	30g	
4.	1-3 hours before workout	30g	3 cups	15g	35g	45g	60g	
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

MEAL NUMBER	Description	PROTEIN	VEGGIES	HEALTHY FATS	HEALTHY CARBS			WORKOUT CARBS
					LIGHT	MODERATE	HARD	
1.	Waking	35g	3 cups			25g		
2.	3-5 hours after last meal	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				



# RP / NEW BASE

Any Fish (Tuna, Salmon, etc.)  
Any Seafood (Shrimp, Scallops etc.)  
Chicken Breast  
Turkey Breast  
Any Meat 90% or Leaner  
Egg Whites

## PROTEIN

Broccoli  
Spinach  
Tomatoes  
Green Peppers  
Asparagus  
Asparagus  
Zucchini

## VEGGIES

Any Nuts  
Avocado  
Olive Oil  
Canola Oil  
Avocado Oil  
Any Natural Nut Butters

## HEALTHY FATS

Whole Grain Bread  
Rice (any type)  
Whole Wheat Pasta  
Oatmeal  
Sweet Potatoes  
Any Fruit

## HEALTHY CARBS

Gatorade/Powerade  
Lemonade  
Coconut Water  
Advanced Carbs (Vitargo, etc.)  
Kool Aid  
Any Fruit Juice

## WORKOUT CARBS

### FIRST THING AM TRAINING

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					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	
4.	3-5 hours after last meal	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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					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
3.	40 minutes after workout	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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					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	
3.	1/2 shake during workout, 1/2 right after	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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					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	
4.	1/2 shake during workout, 1/2 right after	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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					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	
4.	1-3 hours before workout	25g	2 cups	15g	30g	40g	55g	
5.	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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	30g	2 cups	10g		25g		
2.	3-5 hours after last meal	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				