SCIENCE IS STRONGER

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

### Welcome To The Templates



### Template Walkthrough

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### Common Template Questions



Customer Support



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 this article 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).

- 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.
- 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.

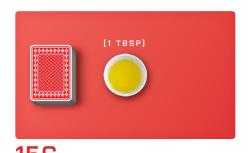
If you accidentally start with Fat Loss 3 or Muscle Gain 3, you're going to have very poor results and a very tough time, so please make sure you're using the right sheets at the right times.

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 RP Clients group on Facebook. 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 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









30G

CARBS FROM FRUIT





See enclosed FAQ for more options! (\*Grams of protein, fat & carbs are from healthy sources, not total weight of food)

MRP / BASE

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

**PROTEIN** 

30g whey in water

30g

30g

30g

30g

30g casein in water

30q

30g whey in water

30g

30g

30g

30g casein in water

30g

30q

30g whey in water

30q

30g

30g casein in water

30g

30g whey in water

30q

30g casein in water

30q

30g

30g

30g

30g whey in water

30g

40g

40g

40g

40q

40g casein in water

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

**VEGGIES** 

2 cups

Any Nuts Avocado Olive Oil Canola Oil Avocado Oil

**HEALTHY FATS** 

10g

15g

15g

15g

25g

25g

10g

15g

15g

25g

15g

15g

10g

15g

25g

15g

15g

15g

10g

25q

15g

10g

15g

15g

15g

25g

Any Natural Nut Butters

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

35g

25g

15g

LIGHT

25g

25g

50g

35g

15g

LIGHT

25g

25g

25g

50q

25q

LIGHT

15g

50q

45g

25g

MODERATE

35g

35g

35g

70g

35q

MODERATE

25g

25g

25g

45g

70g

25g

25g

25g

25g

45g

45g

45g

90q

45g

HARD

30g

30g

30g

60g

100g

Any Fruit Juice

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

45g

**HEALTHY CARBS WORKOUT CARBS** 

FIRST	THI	١G	AΜ	TRA	INING

FII	RST	THI	NG A	ΑМ	TRAI	NIN	C
1	2/3	of	cha	ا ما	ınon	wak	i

1.	2/3 of shake upon wakin

1.	2/3 of shake upon waking, 1/3 during workout
2.	20 minutes after workout

3. 2-4 hours after last meal

4. 3-5 hours after last meal

5. 3-5 hours after last meal 6. Bedtime

TRAINING AFTER 1 MEAL

1. 1-3 hours before workout

2. 1/2 shake during workout, 1/2 right after 3. 40 minutes after workout

4. 2-4 hours after last meal 5. 3-5 hours after last meal

6. Bedtime

**TRAINING AFTER 2 MEALS** 

1. Waking

2. 1-3 hours before workout

3. 1/2 shake during workout, 1/2 right after

4. 40 minutes after workout 5. 2-4 hours after last meal

6. Bedtime **TRAINING AFTER 3 MEALS** 

 Waking 2. 3-5 hours after last meal

3. 1-3 hours before workout

4. 1/2 shake during workout, 1/2 right after 5. 40 minutes after workout

6. Bedtime

**TRAINING AFTER 4 MEALS** 

2. 3-5 hours after last meal

3. 3-5 hours after last meal

4. 1-3 hours before workout

**NON-WEIGHT TRAINING DAY** 

2. 3-5 hours after last meal

3. 3-5 hours after last meal

4. 3-5 hours after last meal

Waking

6. Bedtime

1. Waking

5. Bedtime

5. 1/2 shake during workout, 1/2 right after

30g 30g

> 15g 15g

15g 15g

15g 15g 35g 30g

LIGHT MODERATE HARD 70g 50g 90g 35g 45g 60g 25g 35g 45g 15g 25g 30g 15g 25g 30g LIGHT MODERATE HARD 25g 35g 45g 50g

90g 70g 45g 60g 45g 35g 25g 30g HARD

MODERATE 35g 45g 35q 45q 30q 70q

90q 60g 30g HARD

30g

60g

**FIRST THING AM TRAINING** 

**MRP** / FAT LOSS 1

1. 2/3 of shake upon waking, 1/3 during workout

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

30g whey in water

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 type) Whole Wheat Pasta Oatmeal Sweet Potatoes Any Fruit

Whole Grain Bread

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

**WORKOUT CARBS** 

45g

Any Fruit Juice

**HEALTHY FATS HEALTHY CARBS PROTEIN VEGGIES** MODERATE HARD LIGHT

							3	
2. 20 minutes after workout	30g	3 cups		50g	70g	90g		
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	25g	30g		
6. Bedtime	30g casein in water		20g	15g	25g	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	
3. 40 minutes after workout	30g	3 cups		50g	70g	90g		
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		20g	15g	25g	30g		
TRAINING AFTER 2 MEALS	TRAINING AFTER 2 MEALS							
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	70g	90g		
5. 2-4 hours after last meal	30g	3 cups	10g	35g	45g	60g		
6. Bedtime	30g casein in water		20g	15g	25g	30g		
TRAINING AFTER 3 MEALS	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		
3. 1-3 hours before workout	30g	3 cups	5g	25g	35g	45g		
4. 1/2 shake during workout, 1/2 right after	30g whey in water						30g	
- 40			_					

### 5. 40 minutes after workout 6. Bedtime **TRAINING AFTER 4 MEALS**

7							
5. 40 minutes after workout	30g	3 cups	5g	50g	70g	90g	
6. Bedtime	30g casein in water		20g	25g	35g	45g	
TRAINING AFTER 4 MEALS				LIGHT	MODERATE	HARD	
1. Waking	30g	3 cups		15g	25g	30g	
2. 3-5 hours after last meal	30g	3 cups		15g	25g	30g	
3. 3-5 hours after last meal	30g	3 cups	10g	15g	25g	30g	
4. 1-3 hours before workout	30g	3 cups	10g	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	70g	90g	
NON-WEIGHT TRAINING DAY							
1. Waking	40g	3 cups			25g		
2. 3-5 hours after last meal	40g	3 cups			25g		
3. 3-5 hours after last meal	40g	3 cups			25g		
4. 3-5 hours after last meal	40g	3 cups	10g		25g		
5. Bedtime	40g casein in water		20g				

## **MRP** / 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 Grain Bread Gatorade/Powerade Rice (any type) Lemonade Whole Wheat Pasta Oatmeal Sweet Potatoes Kool Aid Any Fruit

Coconut Water Advanced Carbs (Vitargo, etc.) Any Fruit Juice

**PROTEIN** 

**HEALTHY FATS** 

**HEALTHY CARBS** 

**WORKOUT CARBS** 

	FIRST THING AM TRAINING	· ·	*		LIGHT	MODERATE	HARD		
	1. 2/3 of shake upon waking, 1/3 during workout	30g whey in water						45g	
# #	2. 20 minutes after workout	30g	3 cups		25g	50g	70g		
	3. 2-4 hours after last meal	30g	3 cups			45g	45g		
MEAL NUMBER	4. 3-5 hours after last meal	30g	3 cups			25g	35g		
Ĭ	5. 3-5 hours after last meal	30g	3 cups	10g		15g	25g		
	6. Bedtime	30g casein in water		20g		15g	25g		
	TRAINING AFTER 1 MEAL								
	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	
MEAL NUMBER	3. 40 minutes after workout	30g	3 cups		25g	50g	70g		
AL N	4. 2-4 hours after last meal	30g	3 cups			45g	45g		
Ĭ	5. 3-5 hours after last meal	30g	3 cups	10g		25g	35g		
	6. Bedtime	30g casein in water		20g		15g	25g		
	TRAINING AFTER 2 MEALS				LIGHT	MODERATE	HARD		
	1. Waking	30g	3 cups			25g	35g		
<u>ښ</u>	2. 1-3 hours before workout	30g	3 cups		15g	25g	35g		
MEAL NUMB	3. 1/2 shake during workout, 1/2 right after	30g whey in water			No Carbs Just Whey			30g	
AL.	4. 40 minutes after workout	30g	3 cups		25g	50g	70g		
Ξ	5. 2-4 hours after last meal	30g	3 cups	10g		45g	45g		
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MEAL	
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<b>.</b>	40 minutes after Workout	30g	o cups		209	Jug	, og	
MEA	5. 2-4 hours after last meal	30g	3 cups	10g		45g	45g	
	6. Bedtime	30g casein in water		20g		15g	25g	
	TRAINING AFTER 3 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	30g	3 cups			25g	35g	
ER	2. 3-5 hours after last meal	30g	3 cups			25g	35g	
IOME	3. 1-3 hours before workout	30g	3 cups	5g	15g	25g	35g	
MEAL NUMB	4. 1/2 shake during workout, 1/2 right after	30g whey in water			No Carbs Just Whey			30g
ME	5. 40 minutes after workout	30g	3 cups	5g	25g	50g	70g	
	6. Bedtime	30g casein in water		20g		25g	35g	
	TRAINING AFTER 4 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	30g	3 cups			15g	25g	
3ER	2. 3-5 hours after last meal	30g	3 cups			15g	25g	
NUMB	3. 3-5 hours after last meal	30g	3 cups	10g		15g	25g	
EAL N	4. 1-3 hours before workout	30g	3 cups	10g	15g	45g	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	70g	

### NON-WEIGHT TRAINING DAY Waking 40g 3 cups 2. 3-5 hours after last meal 40g 3 cups 3. 3-5 hours after last meal 25g 40g 3 cups 4. 3-5 hours after last meal 40g 3 cups 10g 25g 5. Bedtime 40g casein in water 20g

**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

**PROTEIN** 

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

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

**WORKOUT CARBS** 

VEGGIES **HEALTHY FATS HEALTHY 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			45g
2. 20 minutes after workout	30g	3 cups			25g	50g	
3. 2-4 hours after last meal	30g	3 cups				45g	
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				LIGHT	MODERATE	HARD	
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			No Carbs Just Whey	No Carbs Just Whey		30g
3. 40 minutes after workout	30g	3 cups			25g	50g	
4. 2-4 hours after last meal	30g	3 cups				45g	
5. 3-5 hours after last meal	30g	3 cups				25g	
6. Bedtime	30g casein in water					15g	
TRAINING AFTER 2 MEALS				LIGHT	MODERATE	HARD	
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			No Carbs Just Whey	No Carbs Just Whey		30g
4. 40 minutes after workout	30g	3 cups			25g	50g	
5. 2-4 hours after last meal	30g	3 cups				45g	
6. Bedtime	30g casein in water					15g	
TRAINING AFTER 3 MEALS				LIGHT	MODERATE	HARD	
1. Waking	30g	3 cups				25g	
	<ol> <li>2. 20 minutes after workout</li> <li>2-4 hours after last meal</li> <li>3-5 hours after last meal</li> <li>3-5 hours after last meal</li> <li>Bedtime</li> <li>TRAINING AFTER 1 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> <li>2-4 hours after last meal</li> <li>3-5 hours after last meal</li> <li>Bedtime</li> <li>TRAINING AFTER 2 MEALS</li> <li>Waking</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> <li>2-4 hours after last meal</li> <li>Bedtime</li> <li>TRAINING AFTER 3 MEALS</li> </ol>	FIRST THING AM TRAINING  1. 2/3 of shake upon waking, 1/3 during workout  2. 20 minutes after workout  3. 2-4 hours after last meal  3. 3-5 hours after last meal  3. 30g  5. 3-5 hours after last meal  3. 30g  6. Bedtime  TRAINING AFTER 1 MEAL  1. 1-3 hours before workout  3. 40 minutes after workout  3. 40 minutes after last meal  3. 30g  6. Bedtime  30g whey in water  30g  4. 2-4 hours after last meal  30g  5. 3-5 hours after last meal  30g  6. Bedtime  30g  70g  71g  72g  73g  73g  73g  73g  73g  73g  73	FIRST THING AM TRAINING  1. 2/3 of shake upon waking, 1/3 during workout  2. 20 minutes after workout  3. 2-4 hours after last meal  3. 2-4 hours after last meal  3. 3 og  3. cups  4. 3-5 hours after last meal  3. 3 og  3. cups  5. 3-5 hours after last meal  3. 3 og  3. cups  6. Bedtime  TRAINING AFTER 1 MEAL  1. 1-3 hours before workout  3. 40 minutes after workout  3. 40 minutes after last meal  3. 3 og  3. cups  4. 2-4 hours after last meal  3. 3 og  3. cups  5. 3-5 hours after last meal  3. 3 og  3. cups  4. 2-4 hours after last meal  3. 3 og  3. cups  5. 3-5 hours after last meal  3. 3 og  3. cups  6. Bedtime  TRAINING AFTER 2 MEALS  1. Waking  3. 3 og  3. cups  3. 1/2 shake during workout, 1/2 right after  3. 3 og  3. cups  3. 1/2 shake during workout, 1/2 right after  4. 40 minutes after workout  3. 3 og  3. cups  5. 2-4 hours after last meal  3. 3 og  3. cups  5. 2-4 hours after last meal  3. 3 og  3. cups  5. 2-4 hours after last meal  3. 3 og  3. cups  5. 2-4 hours after last meal  3. 3 og  3. cups  5. 2-4 hours after last meal  3. 3 og  3. cups  5. 2-4 hours after last meal  3. 3 og  3. cups  5. 2-4 hours after last meal  3. 3 og  3. cups  5. 3 og  5. 2-4 hours after last meal  3. 3 og  3. cups  5. 3 og  3. cups  6. Bedtime	FIRST THING AM TRAINING  1. 2/3 of shake upon waking, 1/3 during workout 2. 20 minutes after workout 30 g 3 cups 3. 2-4 hours after last meal 30 g 3 cups 5. 3-5 hours after last meal 30 g 3 cups 6. Bedtime 30 g asein in water  TRAINING AFTER 1 MEAL 1. 1-3 hours before workout 30 g whey in water 30 g whey in water 30 g whey in water 30 g a cups 3. 40 minutes after workout 30 g a cups 4. 2-4 hours after last meal 30 g a cups 5. 3-5 hours after last meal 30 g a cups 4. 2-4 hours after workout 30 g a cups 5. 3-5 hours after last meal 30 g a cups 5. 3-5 hours after last meal 30 g a cups 6. Bedtime 70 g acups 71 a hours before workout 71 a hours before workout 72 a hours before workout 73 a cups 74 a hours after last meal 75 a hours after last meal 76 a hours before workout 77 a hours before workout 77 a hours before workout 78 a hours before workout 79 a hours before workout 70 a hours before workout 70 a hours before workout 71 a hours before workout 72 a hours after last meal 73 a hours before workout 74 a hour before workout 75 a hours after workout 76 a hours after workout 77 a hours after last meal 78 a hours after last meal 79 a cups 70 a cups 71 a hours before workout 71 a hours before workout 72 a hours after last meal 73 a cups 74 a hours after last meal 75 a cups 76 a cups 77 a cu	Contract   Contract		

	6. Bedtime	30g casein in water				15g	
	TRAINING AFTER 2 MEALS			LIG	HT MODERA	TE HARD	
	1. Waking	30g	3 cups			25g	
띮	2. 1-3 hours before workout	30g	3 cups		15g	25g	
NUME	3. 1/2 shake during workout, 1/2 right after	30g whey in water		No C Just V	arbs No Carb Whey Just Wh	s ey	30g
ALN	4. 40 minutes after workout	30g	3 cups		25g	50g	
Ξ	5. 2-4 hours after last meal	30g	3 cups			45g	
	6. Bedtime	30g casein in water				15g	
	TRAINING AFTER 3 MEALS			LIG	HT MODERA	TE HARD	
	1. Waking	30g	3 cups			25g	
띮	2. 3-5 hours after last meal	30g	3 cups			25g	
NUME	3. 1-3 hours before workout	30g	3 cups		15g	25g	
ALN	4. 1/2 shake during workout, 1/2 right after	30g whey in water		No C Just V	arbs No Carb Whey Just Wh	s ey	30g
Ξ	5. 40 minutes after workout	30g	3 cups		25g	50g	
	6. Bedtime	30g casein in water				25g	
	TRAINING AFTER 4 MEALS			LIG	HT MODERA	TE HARD	
	1. Waking	30g	3 cups			15g	
æ	2. 3-5 hours after last meal	30a	3 cups			15a	

	o. Deddine	30g caselli ili watei				zog	
	TRAINING AFTER 4 MEALS			LIGHT	MODERATE	HARD	
	1. Waking	30g	3 cups			15g	
BER	2. 3-5 hours after last meal	30g	3 cups			15g	
NUME	3. 3-5 hours after last meal	30g	3 cups			15g	
AL N	4. 1-3 hours before workout	30g	3 cups		15g	45g	
Σ	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	
	NON-WEIGHT TRAINING DAY						
œ	1. Waking	40g	3 cups				
. NUMBE	2. 3-5 hours after last meal	40g	3 cups				
N I	3. 3-5 hours after last meal	40g	3 cups				
MEA	4. 3-5 hours after last meal	40g	3 cups				
	5. Bedtime	40g casein in water					

## **MRP / MAINTENANCE 1**

Any Fish (Tuna, Salmon, etc.) Any Seafood (Shrimp, Scallops etc.) Chicken Breast Turkey Breast

Broccoli Asparagus Spinach Cauliflower Tomatoes **Brussels Sprouts** Green Peppers Green Beans Asparagus Zucchini

Any Nuts Avocado Olive Oil Canola Oil Avocado Oil

Any Natural Nut Butters

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

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

Any Fruit Juice

	Egg Whites
	PROTEIN
FIRST THING AM TRAINING	

## **HEALTHY FATS**

FIRST	THING	AM	TRAINI	N

FIRST THING AM TRAINING	PRUI
FIRST THING AM TRAINING	
1. 2/3 of shake upon waking 1/3 during workout	30g whey

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1 Cup = 1 Small Handful

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- 1 -/A	шпт	CARBS	•

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FIRST THING AM TRAINING	TROTEIN
1. 2/3 of shake upon waking, 1/3 during workout	30g whey in wa
2. 20 minutes after workout	30g

ater

MODERATE

HARD

WURKUUT CARBS
•
45g

1	2/3 of shake upon waking, 1/3 during workout	
2	2. 20 minutes after workout	
3	3. 2-4 hours after last meal	

3 cups

LIGHT 25g

30g

3 cups 3 cups

70g 50g 45g 45g

15g

25g

50g

4. 3-5 hours after last meal

3 cups

25g 35g 15g 25g

5. 3-5 hours after last meal 6. Bedtime

30g 30g casein in water

25g

Waking

**TRAINING AFTER 1 MEAL** 1. 1-3 hours before workout 2. 1/2 shake during workout, 1/2 right after

3. 40 minutes after workout

30g 30g whey in water 30g

3 cups

3 cups

10g

20g

LIGHT MODERATE 15g No Carbs Just Whey 25g

HARD 35g 70g

45g

35g

25g

HARD

35g

35a

30g

4. 2-4 hours after last meal 5. 3-5 hours after last meal 6. Bedtime **TRAINING AFTER 2 MEALS** 

2. 1-3 hours before workout

30g 30g 30g casein in water

30g

30a

3 cups 3 cups 3 cups

3 cups

10g 20g LIGHT 15a

45g 25g 15g MODERATE 25g 25a

MEALN	
MEAL NUMBER	
MEA	

2. 1-3 nours before workout	30g	3 cups		159	25g	35g	
3. 1/2 shake during workout, 1/2 right after  4. 40 minutes after workout  5. 2-4 hours after last meal	30g whey in water			No Carbs Just Whey			30g
4. 40 minutes after workout	30g	3 cups		25g	50g	70g	
5. 2-4 hours after last meal	30g	3 cups	10g		45g	45g	
6. Bedtime	30g casein in water		20g		15g	25g	
TRAINING AFTER 3 MEALS				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	5g	15g	25g	35g	
2. 3-5 hours after last meal 3. 1-3 hours before workout 4. 1/2 shake during workout, 1/2 right after  5. 40 minutes after workout	30g whey in water			No Carbs Just Whey			30g
5. 40 minutes after workout	30g	3 cups	5g	25g	50g	70g	
6. Bedtime	30g casein in water		20g		25g	35g	
TRAINING AFTER 4 MEALS				LIGHT	MODERATE	HARD	
1. Waking	30g	3 cups			15g	25g	
2. 3-5 hours after last meal	30g	3 cups			15g	25g	
2. 3-5 hours after last meal 3. 3-5 hours after last meal 4. 1-3 hours before workout  5. 1/2 shake during workout  1/2 right after	30g	3 cups	10g		15g	25g	
4. 1-3 hours before workout	30g	3 cups	10g	15g	45g	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	70g	
NON-WEIGHT TRAINING DAY							
1. Waking	40g	3 cups					
2. 3-5 hours after last meal	40g	3 cups					
2. 3-5 hours after last meal 3. 3-5 hours after last meal 4. 3-5 hours after last meal	40g	3 cups			25g		
4. 3-5 hours after last meal	40g	3 cups	10g		25g		
5. Bedtime	40g casein in water		20g				

**FIRST THING AM TRAINING** 

## **MRP** / MAINTENANCE 2

2/3 of shake upon waking 1/3 during workout

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

**PROT** 

30g whey in water

30g casein in water

30g

30g

30g

30g

30g whey in water

30g

40g

40g

40g

40g

40g casein in water

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

Any Nuts Avocado Olive Oil Canola Oil

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

Gatorade/Powerade Lemonade Coconut Water Kool Aid

Advanced Carbs (Vitargo, etc.)

20g

10g

10g

15g

10g

20g

25g

LIGHT

15g

15g

15g

35g

50g

35g

MODERATE

25g

25g

25g

45g

70g

25g

25g

25g

25g

45g

HARD

30g

30g

30g

60g

90g

60g

	1. 2/3 of shake upon waking, 1/3 during workout	30g wney in water						45g
BER	2. 20 minutes after workout	30g	3 cups		50g	70g	90g	
Ψ,	3. 2-4 hours after last meal	30g	3 cups		35g	45g	60g	
Y I	4. 3-5 hours after last meal	30g	3 cups		25g	35g	45g	
Ξ	5. 3-5 hours after last meal	30g	3 cups	10g	15g	25g	30g	
	6. Bedtime	30g casein in water		20g	15g	25g	30g	
	TRAINING AFTER 1 MEAL				LIGHT	MODERATE	HARD	
	1. 1-3 hours before workout	30g	3 cups		25g	35g	45g	
EE	2. 1/2 shake during workout, 1/2 right after	30g whey in water						30g
INE	3. 40 minutes after workout	30g	3 cups		50g	70g	90g	
ALN	4. 2-4 hours after last meal	30g	3 cups		35g	45g	60g	
M	5. 3-5 hours after last meal	30g	3 cups	10g	25g	35g	45g	
	6. Bedtime	30g casein in water		20g	15g	25g	30g	
	TRAINING AFTER 2 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	30g	3 cups		25g	35g	45g	
SER	2. 1-3 hours before workout	30g	3 cups		25g	35g	45g	
IUME	3. 1/2 shake during workout, 1/2 right after	30g whey in water						30g
AL N	4. 40 minutes after workout	30g	3 cups		50g	70g	90g	
M	5. 2-4 hours after last meal	30g	3 cups	10g	35g	45g	60g	
	6. Bedtime	30g casein in water		20g	15g	25g	30g	
	TRAINING AFTER 3 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	30g	3 cups		25g	35g	45g	
ER	2. 3-5 hours after last meal	30g	3 cups		25g	35g	45g	
NUMB	3. 1-3 hours before workout	30g	3 cups	5g	25g	35g	45g	
AL N	4. 1/2 shake during workout, 1/2 right after	30g whey in water						30g
M	5. 40 minutes after workout	30g	3 cups	5g	50g	70g	90g	

3 cups

ė		

6. Bedtime **TRAINING AFTER 4 MEALS** 

1. Waking

6. Bedtime

Waking

5. Bedtime

2. 3-5 hours after last meal

3. 3-5 hours after last meal

4. 1-3 hours before workout

**NON-WEIGHT TRAINING DAY** 

2. 3-5 hours after last meal

3. 3-5 hours after last meal

4. 3-5 hours after last meal

5. 1/2 shake during workout, 1/2 right after

Avocado Oil Any Natural Nut Butters Any Fruit

## MODERATE HARD

Any Fruit Juice
WORKOUT CARBS

EIN	VEGGIES	HEALIHY FA

	Any Fruit Juice
LI TUV GADDO	MODICOUT

EALTHY CARBS	1//
LALIIII GARDO	

TEALINY PAIS	L
•	

**MRP** / NEW BASE

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

**PROTEIN** 

30g whey in water

30g

30g

30q

30g

30g casein in water

30q

30g whey in water

30g

30g

30g

30g casein in water

30g

30q

30g whey in water

30g

30g

30g

30g whey in water

30q

30q casein in water

30q

30g

30g

30g

30g whey in water

30g

35g

35g

35g

35q

35q casein in water

Broccoli Asparagus Spinach Cauliflower Tomatoes **Brussels Sprouts** Green Peppers Green Beans Asparagus Zucchini

Any Nuts Avocado Olive Oil Canola Oil

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

50g

35g

25g

15g

15g

LIGHT

25q

50g

35g

25g

15g

LIGHT

25g

25g

50q

35g

15g

LIGHT

25g

25g

25g

50q

25q

LIGHT

15q

15g

15g

35g

50q

Gatorade/Powerade Lemonade Coconut Water Advanced Carbs (Vitargo, etc.)

Egg Whites

1 Cup = 1 Small Handful **VEGGIES** 

2 cups

Avocado Oil Any Natural Nut Butters

**HEALTHY FATS** 

10g

15g

15g

15g

25g

25g

10g

15g

15g

25g

15g

15q

10g

15g

25g

15g

15g

15g

10g

25q

15g

15g

10g

15g

15g

15g

25g

65g

45g

35g

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MODERATE

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45g

65q

25g

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25g

EIDET THING AM TDAINING

FIR	31	ını	טאו	ΑI	111	KA	IIVI	M
4	210		ا ما م	-1				. 1.2

1.	2/3	of sh	ake	upon	wakii

TINOT TIMO ALT TIVALINITO								
1.	2/3	of	shake	upon	waking,	1/3	during	workout

2. 20 minutes after workout

3. 2-4 hours after last meal

4. 3-5 hours after last meal

5. 3-5 hours after last meal 6. Bedtime

TRAINING AFTER 1 MEAL 1. 1-3 hours before workout

2. 1/2 shake during workout, 1/2 right after

3. 40 minutes after workout

4. 2-4 hours after last meal 5. 3-5 hours after last meal

6. Bedtime

**TRAINING AFTER 2 MEALS** Waking

2. 1-3 hours before workout

3. 1/2 shake during workout, 1/2 right after

4. 40 minutes after workout 5. 2-4 hours after last meal

6. Bedtime **TRAINING AFTER 3 MEALS** 

Waking

2. 3-5 hours after last meal 3. 1-3 hours before workout

4. 1/2 shake during workout, 1/2 right after

5. 40 minutes after workout

6. Bedtime

**TRAINING AFTER 4 MEALS** 

 Waking 2. 3-5 hours after last meal

3. 3-5 hours after last meal 4. 1-3 hours before workout

**NON-WEIGHT TRAINING DAY** 

2. 3-5 hours after last meal

3. 3-5 hours after last meal

4. 3-5 hours after last meal

1. Waking

5. Bedtime

5. 1/2 shake during workout, 1/2 right after 6. Bedtime

30q 30g 30g casein in water

15q 15g 15g 30q

60g

45q 45g 45g 85q

## **WORKOUT CARBS** 40g

30g

30q

# Any Fruit Juice

## Kool Aid MODERATE

## **HEALTHY CARBS** LIGHT

85g

65g

45g

30g

30g

HARD

45q

85g

65g

45g

30g

HARD

45g

45q

85q

65g

30g

HARD

45q

HARD

30q

30g

40g

60g

90g

## HARD