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.

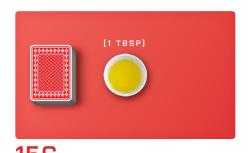
If you accidentally start with Fat Loss 3 or Muscle Gain 3, you're going to have very poor results and a very tough time, so please make sure you're using the right sheets at the right times.

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





FIRST THING AM TRAINING

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

Any Fish (Tuna, Salmon, etc.) MRP / BASE Chicken Breast Turkey Breast Any Meat 90% or Leaner Egg Whites

Any Seafood (Shrimp, Scallops etc.)

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 Kool Aid

Advanced Carbs (Vitargo, etc.)

WORKOUT CARBS

Any Fruit Juice

HEALTHY FATS HEALTHY CARBS MODERATE HARD LIGHT

	1. 2/3 of shake upon waking, 1/3 during workout	35g whey in water						45g
EE.	2. 20 minutes after workout	35g	2 cups	10g	55g	75g	95g	
MEAL NUMB	3. 2-4 hours after last meal	35g	2 cups	15g	35g	50g	65g	
ALN	4. 3-5 hours after last meal	35g	2 cups	15g	30g	35g	50g	
Z	5. 3-5 hours after last meal	35g	2 cups	15g	20g	25g	35g	
	6. Bedtime	35g casein in water		25g	20g	25g	35g	
	TRAINING AFTER 1 MEAL				LIGHT	MODERATE	HARD	
	1. 1-3 hours before workout	35g	2 cups	25g	30g	35g	50g	
뜶	2. 1/2 shake during workout, 1/2 right after	35g whey in water						30g
NUMB	3. 40 minutes after workout	35g	2 cups	10g	55g	75g	95g	
EALN	4. 2-4 hours after last meal	35g	2 cups	15g	35g	50g	65g	
ĸ	5. 3-5 hours after last meal	35g	2 cups	15g	30g	35g	50g	
	6. Bedtime	35g casein in water		25g	20g	25g	35g	
	TRAINING AFTER 2 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	35g	2 cups	15g	30g	35g	50g	
ä	2. 1-3 hours before workout	35g	2 cups	15g	30g	35g	50g	
IOME	3. 1/2 shake during workout, 1/2 right after	35g whey in water						30g
EAL NUME	4. 40 minutes after workout	35g	2 cups	10g	55g	75g	95g	
Σ	5. 2-4 hours after last meal	35g	2 cups	15g	35g	50g	65g	
	6. Bedtime	35g casein in water		25g	20g	25g	35g	
	TRAINING AFTER 3 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	35g	2 cups	15g	30g	35g	50g	
EE	2. 3-5 hours after last meal	35g	2 cups	15g	30g	35g	50g	
NUMB	3. 1-3 hours before workout	35g	2 cups	15g	30g	35g	50g	
Ξ.Ι	1 1/2 shake during workout 1/2 right after	25g whoy in water						200

ER	2. 1-3 hours before workout	35g	2 cups	15g	30g	35g	50g		
EAL NUMBER	3. 1/2 shake during workout, 1/2 right after	35g whey in water						30g	
AL N	4. 40 minutes after workout	35g	2 cups	10g	55g	75g	95g		
M	5. 2-4 hours after last meal	35g	2 cups	15g	35g	50g	65g		
	6. Bedtime	35g casein in water		25g	20g	25g	35g		
	TRAINING AFTER 3 MEALS				LIGHT	MODERATE	HARD		
	1. Waking	35g	2 cups	15g	30g	35g	50g		
ER	2. 3-5 hours after last meal	35g	2 cups	15g	30g	35g	50g		
IUME	3. 1-3 hours before workout	35g	2 cups	15g	30g	35g	50g		
EAL NUMB	4. 1/2 shake during workout, 1/2 right after	35g whey in water						30g	
M	5. 40 minutes after workout	35g	2 cups	10g	55g	75g	95g		
	6. Bedtime	35g casein in water		25g	30g	35g	50g		
	TRAINING AFTER 4 MEALS								
	1. Waking	35g	2 cups	15g	20g	25g	35g		
ER	2. 3-5 hours after last meal	35g	2 cups	15g	20g	25g	35g		

				LIGHT	MODERATE	HARD	
1. Waking	35g	2 cups	15g	30g	35g	50g	
2. 3-5 hours after last meal	35g	2 cups	15g	30g	35g	50g	
3. 1-3 hours before workout	35g	2 cups	15g	30g	35g	50g	
4. 1/2 shake during workout, 1/2 right after	35g whey in water						30g
5. 40 minutes after workout	35g	2 cups	10g	55g	75g	95g	
6. Bedtime	35g casein in water		25g	30g	35g	50g	
TRAINING AFTER 4 MEALS				LIGHT	MODERATE	HARD	
1. Waking	35g	2 cups	15g	20g	25g	35g	
2. 3-5 hours after last meal	35g	2 cups	15g	20g	25g	35g	
3. 3-5 hours after last meal	35g	2 cups	15g	20g	25g	35g	
4. 1-3 hours before workout	35g	2 cups	15g	35g	50g	65g	
5. 1/2 shake during workout, 1/2 right after	35g whey in water						65g
6. Bedtime	35g	2 cups	15g	55g	75g	105g	

3. 1-3 hours before workout	35g	2 cups	15g	30g	35g	50g			
4. 1/2 shake during workout, 1/2 right after	35g whey in water						30g		
5. 40 minutes after workout	35g	2 cups	10g	55g	75g	95g			
6. Bedtime	35g casein in water		25g	30g	35g	50g			
TRAINING AFTER 4 MEALS									
1. Waking	35g	2 cups	15g	20g	25g	35g			
2. 3-5 hours after last meal	35g	2 cups	15g	20g	25g	35g			
2. 3-5 hours after last meal3. 3-5 hours after last meal	35g	2 cups	15g	20g	25g	35g			
4. 1-3 hours before workout	35g	2 cups	15g	35g	50g	65g			
5. 1/2 shake during workout, 1/2 right after	35g whey in water						65g		
6. Bedtime	35g	2 cups	15g	55g	75g	105g			
NON-WEIGHT TRAINING DAY									
1. Waking	45g	2 cups	10g		25g				
2. 3-5 hours after last meal 3. 3-5 hours after last meal 4. 3-5 hours after last meal	45g	2 cups	15g		25g				
3. 3-5 hours after last meal	45g	2 cups	15g		25g				
4. 3-5 hours after last meal	45g	2 cups	15g		25g				
5. Bedtime	45g casein in water		25g						

EIDET THING AM TDAINING

MRP | FAT LOSS 1

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

PROTEIN

35g

35g

35g whey in water

35g

35g casein in water

35g

35g

35g

35g

35g whey in water

35g

45g

45g

45g

45g

45g casein in water

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

30g

30g

55g

30g

LIGHT

20g

20g

20g

35g

55g

35g

35g

75g

35g

MODERATE

25g

25g

25g

50g

75g

25g

25g

25g

25g

50g

50g

95g

50g

HARD

35g

35g

35g

65g

95g

30g

65g

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

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		1	I	
N	VEGGIES	HEALTHY FATS	HEALTHY CARBS	WO

5g

5g

20g

10g

10g

15g

10g

20g

	FIRST THING AM TRAINING				LIGHT	MODERATE	HARD	
	1. 2/3 of shake upon waking, 1/3 during workout	35g whey in water						45g
띮	2. 20 minutes after workout	35g	3 cups		55g	75g	95g	
MEAL NUMBER	3. 2-4 hours after last meal	35g	3 cups		35g	50g	65g	
ALN	4. 3-5 hours after last meal	35g	3 cups		30g	35g	50g	
E	5. 3-5 hours after last meal	35g	3 cups	10g	20g	25g	35g	
	6. Bedtime	35g casein in water		20g	20g	25g	35g	
	TRAINING AFTER 1 MEAL				LIGHT	MODERATE	HARD	
	1. 1-3 hours before workout	35g	3 cups		30g	35g	50g	
띪	2. 1/2 shake during workout, 1/2 right after	35g whey in water						30g
MEAL NUMBER	3. 40 minutes after workout	35g	3 cups		55g	75g	95g	
ALN	4. 2-4 hours after last meal	35g	3 cups		35g	50g	65g	
Ħ	5. 3-5 hours after last meal	35g	3 cups	10g	30g	35g	50g	
	6. Bedtime	35g casein in water		20g	20g	25g	35g	
	TRAINING AFTER 2 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	35g	3 cups		30g	35g	50g	
딾	2. 1-3 hours before workout	35g	3 cups		30g	35g	50g	
MEAL NUMBER	3. 1/2 shake during workout, 1/2 right after	35g whey in water						30g
AL N	4. 40 minutes after workout	35g	3 cups		55g	75g	95g	
ME	5. 2-4 hours after last meal	35g	3 cups	10g	35g	50g	65g	
	6. Bedtime	35g casein in water		20g	20g	25g	35g	
	TRAINING AFTER 3 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	35g	3 cups		30g	35g	50g	

3 cups

≲ .	٠.	40 minutes after workout	
MEA	5.	2-4 hours after last meal	
	6.	Bedtime	35g
	TR	AINING AFTER 3 MEALS	
	1.	Waking	
E	2.	3-5 hours after last meal	

3. 1-3 hours before workout

5. 40 minutes after workout

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

6. Bedtime

Waking

6. Bedtime

Waking

5. Bedtime

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

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

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

35g whey in water

35g

35g

35g

35g

35g casein in water

35q

35g whey in water

35g

35g

35g

35g casein in water

35g

35q

35g whey in water

35q

35g

35g casein in water

35g

35q

35q casein in water

35q

35g

35g

35g

35g whey in water

35g

45g

45g

45g

45q

45g casein in water

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

VEGGIES

3 cups

Any Nuts Avocado Olive Oil Canola Oil Avocado Oil

Any Natural Nut Butters

HEALTHY FATS

10g

20g

10g

20g

10g

20g

5g

5g

20q

10g

20q

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

35g

30g

20g

20g

MODERATE

30g

55g

35g

30g

20q

MODERATE

30g

30q

55q

35g

20g

MODERATE

30q

30g

30g

55q

30q

20q

20g

25g

25g

LIGHT

15g

No Carbs Just Whey

25g

LIGHT

15g

No Carbs Just Whey

25g

LIGHT

15g

No Carbs Just Whey

25q

LIGHT

Whole Grain Bread

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

	PROTEIN
FIRST THING AM TRAINING	

FIRST	IHING	ΑМ	IKAI	NIN
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		• • • • •	.,,	A1-1		
1.	2/3	of	sha	ake	upon	waki

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

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. 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

Waking

5. Bedtime

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

5. 40 minutes after workout

6. Bedtime

TRAINING AFTER 4 MEALS

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

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

35g 35g

35g whey in water

3 cups

3 cups 3 cups

10g 10g

15g

20g 15g 35g No Carbs Just Whey 25q 55q

35g 75q 35g MODERATE HARD 25g 25g 25g

75g

75q

50g

25g

HARD

35q

35g

50g

30q

65g

30q

35g 25g HARD 35g 35q

HARD 35g 30g 75g 50g

50g 35g 25g 25g

45g

HEALTHY CARBS LIGHT MODERATE HARD 25g 55g 75g

Any Fruit Juice **WORKOUT CARBS**

TRP / FAT LOSS 3

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

FIRST THING AM TRAINING

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

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

Whole Grain Bread Rice (any type) Whole Wheat Pasta Oatmeal 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	BS	WORKOUT CARBS
*	<u> </u>	*	LIGHT	MODERATE	HARD	*
35g whey in water			No Carbs Just Whey			45g
35g	3 cups			25g	55g	
35g	3 cups				35g	
35g	3 cups				30g	
35g	3 cups				20g	
35g casein in water					20g	
			LIGHT	MODERATE	HARD	
35q	3 cups			15q	30q	

		•				
6. Bedtime	35g casein in water				20g	
TRAINING AFTER 1 MEAL	HT MODERATE	HARD				
1. 1-3 hours before workout	35g	3 cups		15g	30g	
2. 1/2 shake during workout, 1/2 right after	35g whey in water			arbs No Carbs Whey Just Whey		30g
3. 40 minutes after workout	35g	3 cups		25g	55g	
4. 2-4 hours after last meal	35g	3 cups			35g	
5. 3-5 hours after last meal	35g	3 cups			30g	
6. Bedtime	35g casein in water				20g	
TRAINING AFTER 2 MEALS			LIG	HT MODERATE	HARD	

4. 2-4 hours after last meal	35g	3 cups				35g				
5. 3-5 hours after last meal	35g	3 cups				30g				
6. Bedtime	35g casein in water					20g				
TRAINING AFTER 2 MEALS	RAINING AFTER 2 MEALS									
1. Waking	35g	3 cups				30g				
2. 1-3 hours before workout	35g	3 cups			15g	30g				
3. 1/2 shake during workout, 1/2 right after	35g whey in water			No Carbs Just Whey	No Carbs Just Whey		30g			
4. 40 minutes after workout	35g	3 cups			25g	55g				
5. 2-4 hours after last meal	35g	3 cups				35g				
6. Bedtime	35g casein in water					20g				

	1. 1-3 hours before workout	35g	3 cups			15g	30g	
띪	2. 1/2 shake during workout, 1/2 right after	35g whey in water		N Ju	No Carbs ust Whey	No Carbs Just Whey		30g
MEAL NUMBER	3. 40 minutes after workout	35g	3 cups			25g	55g	
ALN	4. 2-4 hours after last meal	35g	3 cups				35g	
E	5. 3-5 hours after last meal	35g	3 cups				30g	
	6. Bedtime	35g casein in water					20g	
	TRAINING AFTER 2 MEALS			ı	LIGHT	MODERATE	HARD	
	1. Waking	35g	3 cups				30g	
篮	2. 1-3 hours before workout	35g	3 cups			15g	30g	
MB	3. 1/2 shake during workout, 1/2 right after	35g whey in water		No Ju:	lo Carbs ust Whey	No Carbs Just Whey		30g
MEAL NUMBER	4. 40 minutes after workout	35g	3 cups			25g	55g	
E	5. 2-4 hours after last meal	35g	3 cups				35g	
	6. Bedtime	35g casein in water					20g	
	TRAINING AFTER 3 MEALS			1	LIGHT	MODERATE	HARD	
	1. Waking	35g	3 cups				30g	
띮	2. 3-5 hours after last meal	35g	3 cups				30g	
MEAL NUMBER	3. 1-3 hours before workout	35g	3 cups			15g	30g	
AL	4. 1/2 shake during workout, 1/2 right after	35g whey in water		No Ju	lo Carbs ust Whey	No Carbs Just Whey		30g
Ξ	5. 40 minutes after workout	35g	3 cups			25g	55g	
	6. Bedtime	35g casein in water					30g	
	TRAINING AFTER 4 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	35g	3 cups				20g	
뜳	2. 3-5 hours after last meal	35g	3 cups				20g	
M	3. 3-5 hours after last meal	35g	3 cups				20g	
MEAL NUMBER	4. 1-3 hours before workout	35g	3 cups			15g	35g	
ME	5. 1/2 shake during workout, 1/2 right after	35g whey in water		No Ju	lo Carbs ust Whey	No Carbs Just Whey		65g
	6. Bedtime	35g	3 cups			25g	55g	
	NON-WEIGHT TRAINING DAY							

	TRAINING AFTER 2 MEALS			LIGHT	MODERATE	HARD	
	1. Waking	35g	3 cups			30g	
E	2. 1-3 hours before workout	35g	3 cups		15g	30g	
MEAL NUMBER	3. 1/2 shake during workout, 1/2 right after	35g whey in water		No Carbs Just Whey	No Carbs Just Whey		30g
N TE	4. 40 minutes after workout	35g	3 cups		25g	55g	
Σ	5. 2-4 hours after last meal	35g	3 cups			35g	
	6. Bedtime	35g casein in water				20g	
	TRAINING AFTER 3 MEALS	LIGHT	MODERATE	HARD			
	1. Waking	35g	3 cups			30g	
뜺	2. 3-5 hours after last meal	35g	3 cups			30g	
ME	3. 1-3 hours before workout	35g	3 cups		15g	30g	
MEAL NUMBER	4. 1/2 shake during workout, 1/2 right after	35g whey in water		No Carbs Just Whey	No Carbs Just Whey		30g
Σ	5. 40 minutes after workout	35g	3 cups		25g	55g	
	6. Bedtime	35g casein in water				30g	
	TRAINING AFTER 4 MEALS			LIGHT	MODERATE	HARD	
	1. Waking	35g	3 cups			20g	
띮	2. 3-5 hours after last meal	35g	3 cups			20g	
MEAL NUMBER	3. 3-5 hours after last meal	35g	3 cups			20g	
Ä	4. 1-3 hours before workout	35g	3 cups		15g	35g	
Ĭ	5. 1/2 shake during workout, 1/2 right after	35g whey in water		No Carbs Just Whey	No Carbs Just Whey		65g
	6. Bedtime	35g	3 cups		25g	55g	
	NON-WEIGHT TRAINING DAY	·					
~_	1. Waking	45g	3 cups				
NUMBER	2. 3-5 hours after last meal	45g	3 cups				
<u> </u>	3. 3-5 hours after last meal	45g	3 cups				

Σ	5. 40 minutes after workout	35g	3 cups		25g	55g	
	6. Bedtime	35g casein in water				30g	
	TRAINING AFTER 4 MEALS			LIGHT	MODERATE	HARD	
	1. Waking	35g	3 cups			20g	
3ER	2. 3-5 hours after last meal	35g	3 cups			20g	
NUME	3. 3-5 hours after last meal	35g	3 cups			20g	
AL N	4. 1-3 hours before workout	35g	3 cups		15g	35g	
ME	5. 1/2 shake during workout, 1/2 right after	35g whey in water		No Carbs Just Whey	No Carbs Just Whey		65g
	6. Bedtime	35g	3 cups		25g	55g	
	NON-WEIGHT TRAINING DAY						
œ	1. Waking	45g	3 cups				
MBEI	2. 3-5 hours after last meal	45g	3 cups				
IN I	3. 3-5 hours after last meal	45g	3 cups				
MEAI	4. 3-5 hours after last meal	45g	3 cups				
	5. Bedtime	45g casein in water					

MRP / MAINTENANCE 1

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

35g whey in water

35g

35g

35q

35g

35g casein in water

35q

35g whey in water

35g

35g

35g

35g casein in water

35g

35q

35g whey in water

35q

35g

35g casein in water

35g

35g

35g

35g whey in water 35q

35q casein in water

35q

35g

35g

35g

35g whey in water

35g

45g

45g

45g

45q

45g casein 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

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

HARD

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

PROTEIN

VEGGIES

3 cups

Any Natural Nut Butters **HEALTHY FATS**

10g

20a

10g

20g

10g

20g

5g

5g

20q

15g

10g

20q

HEALTHY CARBS

MODERATE

55g

35g

30g

20g

20g

MODERATE

30q

55q

35g

20g

MODERATE

30q

30g

30g

55q

30q

MODERATE

20q

20g

LIGHT

25g

LIGHT

15g

No Carbs Just Whey

25g

LIGHT

15g

No Carbs Just Whey

25g

LIGHT

15g

No Carbs Just Whey

25q

LIGHT

15g

No Carbs Just Whey

25q

WORKOUT CARBS

45g

FIRST THING AM TRAINING

•	•		•				•	• • • • •	••••	•	
•	1.	2	2/3	of	sh	ake	u	ро	n١	wa	ık

1.	2/3 of	shake	upon	wakii

1.	2/3 of	shake	upon	wakin

_				
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 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

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

Waking

5. Bedtime

3. 1-3 hours before workout

5. 40 minutes after workout

6. Bedtime

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

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

3 cups

3 cups 3 cups 3 cups

10g 10g

20g 35a 55q

25g

25g

35q 75q 50g 25g HARD

35q

35g

35g

75q

35q

HARD

25q

25g

25g

50g

75g

75g 50g 35g 25g 25g

HARD

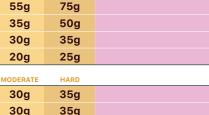
35q

30g

30q

30q

65g



MRP / MAINTENANCE 2

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

3 cups

Any Nuts Avocado Olive Oil Canola Oil Avocado Oil

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

nnn	TEIN	

1 Cup = 1 Small Handful Any Natural Nut Butters

HEALTHY FATS

HEALTHY CARBS

WORKOUT CARBS

45g

30g

30q

30q

65g

FIRST	IHING	ΑМ	IRAINI	N
				_

	Egg Whites
	PROTEIN
FIRST THING AM TRAINING	

VEGGIES

10g

20g

10g

20g

10g

20g

5g

5g

20q

10g

10g

15g

10g

20q

75g

50g

35g

25g

25g

MODERATE

35g

75g

50g

35g

25g

MODERATE

35g

35q

75g

50g

25g

MODERATE

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35g

75q

35q

MODERATE

25g

25g

25g

50g

75g

25g

25g

25g

25g

LIKOI	טאוחו	ΑIΨ	IKAININ

FIRST THING AM TRAINING	TROTEIN
1. 2/3 of shake upon waking, 1/3 during workout	35g whey in w
2. 20 minutes after workout	35a

*i*ater

LIGHT MODERATE

55g

35g

30g

20g

20g

LIGHT

30g

55g

35g

30g

20g

LIGHT

30g

30g

55g

35g

20g

LIGHT

30g

30g

30g

55q

30q

LIGHT

20g

20g

20g

35g

55q

Whole Grain Bread

HARD

95g

65g

50g

35g

35g

HARD

50g

95g

65g

50g

35g

HARD

50g

50q

95q

65g

35g

HARD

50q

50g

50g

95q

50q

HARD

35q

35g

35g

65g

95g

FIRST THING AM TRAINING						
1.	2/3 of shake upon waking, 1/3 during workou					

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

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

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

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

<u> </u>	
ing, 1/3 during workout	35g whey in
ut	35g

35g casein in water

35q

35g whey in water

35g

35g

35g

35g casein in water

35g

35q

35g whey in water

35q

35g

35g casein in water

35g

35g

35g

35g whey in water

35q

35q casein in water

35q

35g

35g

35g

35g whey in water

35g

45g

45g

45g

45q

45g casein in water

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

3. 40 minutes after workout

4. 2-4 hours after last meal

5. 3-5 hours after last meal

TRAINING AFTER 2 MEALS

2. 1-3 hours before workout

4. 40 minutes after workout

5. 2-4 hours after last meal

TRAINING AFTER 3 MEALS

2. 3-5 hours after last meal

3. 1-3 hours before workout

5. 40 minutes after workout

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

6. Bedtime

1. Waking

6. Bedtime

Waking

6. Bedtime

Waking

6. Bedtime

Waking

5. Bedtime

5. 3-5 hours after last meal

FIRST THING AM TRAINING

MRP / NEW BASE

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

PROTEIN

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 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

WORKOUT CARBS

Any Fruit Juice

HEALTHY FATS HEALTHY CARBS LIGHT MODERATE HARD

Any Natural Nut Butters

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

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ER	
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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	70g	90g	
5. 2-4 hours after last meal	30g	2 cups	15g	35g	45g	60g	
6. Bedtime	30g casein in water		25g	15g	25g	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	
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	70g	90g	
6. Bedtime	30g casein in water		25g	25g	35g	45g	
TRAINING AFTER 4 MEALS				LIGHT	MODERATE	HARD	
1. Waking	30g	2 cups	15g	15g	25g	30g	
2. 3-5 hours after last meal	30g	2 cups	15g	15g	25g	30g	
3. 3-5 hours after last meal	30g	2 cups	15g	15g	25g	30g	
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

2	5. 40 minutes after workout	30g	2 cups	10g	50g	70g	90g		
	6. Bedtime	30g casein in water		25g	25g	35g	45g		
	TRAINING AFTER 4 MEALS								
	1. Waking	30g	2 cups	15g	15g	25g	30g		
BER	2. 3-5 hours after last meal	30g	2 cups	15g	15g	25g	30g		
NUM	3. 3-5 hours after last meal	30g	2 cups	15g	15g	25g	30g		
MEAL	4. 1-3 hours before workout	30g	2 cups	15g	35g	45g	60g		
Ξ	5. 1/2 shake during workout, 1/2 right after	30g whey in water						60g	
	6. Bedtime	30g	2 cups	15g	50g	70g	100g		
	NON-WEIGHT TRAINING DAY								
œ	1. Waking	40g	2 cups	10g		25g			
MEAL NUMBER	2. 3-5 hours after last meal	40g	2 cups	15g		25g			
N N	3. 3-5 hours after last meal	40g	2 cups	15g		25g			
MEA	4. 3-5 hours after last meal	40g	2 cups	15g		25g			
	5. Bedtime	40g casein in water		25g					