

RP Diet Template Quick Tips

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

Welcome To The Templates



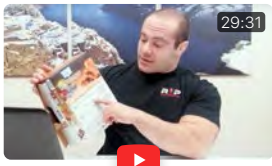
1

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.

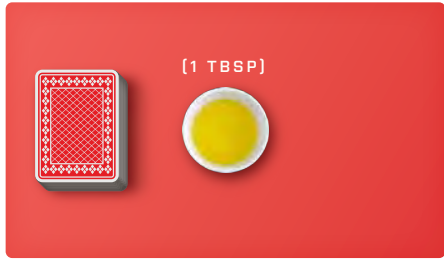
If you accidentally start with Fat Loss 3 or Muscle Gain 3, you're going to have very poor results and a very tough time, so please make sure you're using the right sheets at the right times.

- 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).

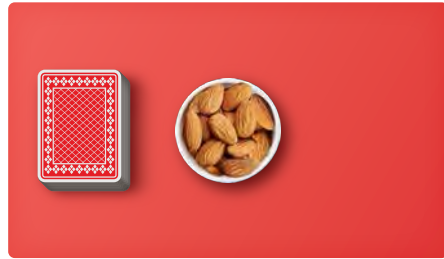
If you have specific questions regarding your templates after reading/watching all of the How-To and FAQs, please ask your questions in the [RP Clients group on Facebook](#). Our group has tens of thousands of members and tons of veterans of RP that can help!

- 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.

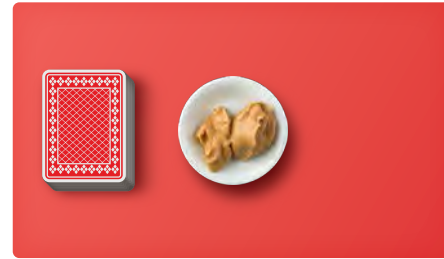
SAMPLE SERVING SIZES



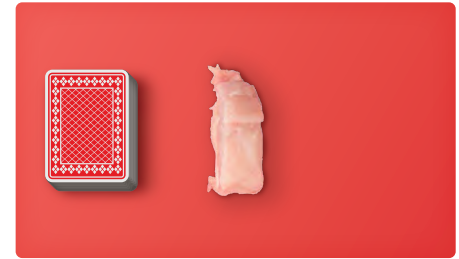
15G
FAT FROM OIL



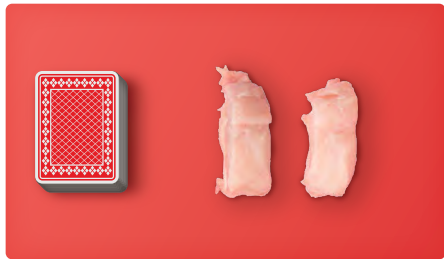
15G
FAT FROM NUTS



15G
FAT FROM NUT BUTTER



20G
OF PROTEIN



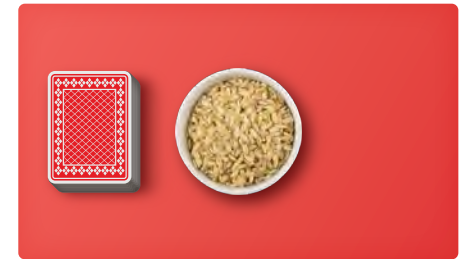
40G
OF PROTEIN



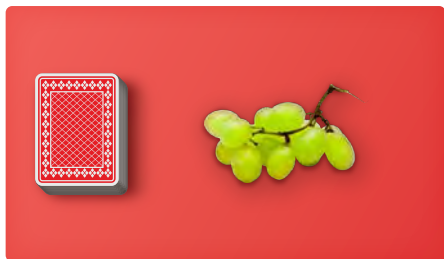
1 CUP
VEGGIES



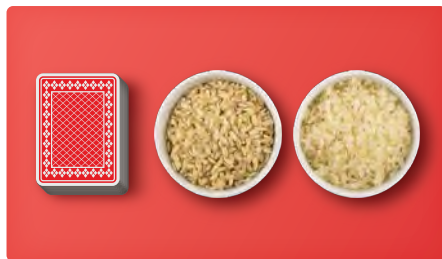
2 CUPS
VEGGIES



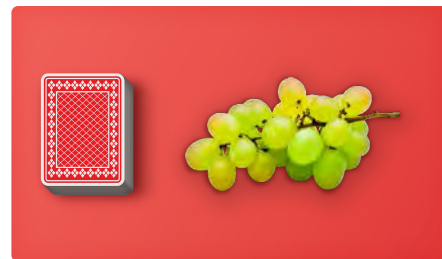
30G
CARBS FROM GRAINS



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
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	35g whey in water						45g
2.	20 minutes after workout	35g	2 cups	10g	55g	75g	95g	
3.	2-4 hours after last meal	35g	2 cups	15g	35g	50g	65g	
4.	3-5 hours after last meal	35g	2 cups	15g	30g	35g	50g	
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					Light	Moderate	Hard	
1.	1-3 hours before workout	35g	2 cups	25g	30g	35g	50g	
2.	1/2 shake during workout, 1/2 right after	35g whey in water						30g
3.	40 minutes after workout	35g	2 cups	10g	55g	75g	95g	
4.	2-4 hours after last meal	35g	2 cups	15g	35g	50g	65g	
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	35g	2 cups	15g	30g	35g	50g	
2.	1-3 hours before workout	35g	2 cups	15g	30g	35g	50g	
3.	1/2 shake during workout, 1/2 right after	35g whey in water						30g
4.	40 minutes after workout	35g	2 cups	10g	55g	75g	95g	
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					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	

NON-WEIGHT TRAINING DAY

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	45g	2 cups	10g		25g		
2.	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				

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	35g whey in water						45g
2.	20 minutes after workout	35g	3 cups		55g	75g	95g	
3.	2-4 hours after last meal	35g	3 cups		35g	50g	65g	
4.	3-5 hours after last meal	35g	3 cups		30g	35g	50g	
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					Light	Moderate	Hard	
1.	1-3 hours before workout	35g	3 cups		30g	35g	50g	
2.	1/2 shake during workout, 1/2 right after	35g whey in water						30g
3.	40 minutes after workout	35g	3 cups		55g	75g	95g	
4.	2-4 hours after last meal	35g	3 cups		35g	50g	65g	
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	35g	3 cups		30g	35g	50g	
2.	1-3 hours before workout	35g	3 cups		30g	35g	50g	
3.	1/2 shake during workout, 1/2 right after	35g whey in water						30g
4.	40 minutes after workout	35g	3 cups		55g	75g	95g	
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	35g	3 cups		30g	35g	50g	
2.	3-5 hours after last meal	35g	3 cups		30g	35g	50g	
3.	1-3 hours before workout	35g	3 cups	5g	30g	35g	50g	
4.	1/2 shake during workout, 1/2 right after	35g whey in water						30g
5.	40 minutes after workout	35g	3 cups	5g	55g	75g	95g	
6.	Bedtime	35g casein in water		20g	30g	35g	50g	

TRAINING AFTER 4 MEALS

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	35g	3 cups		20g	25g	35g	
2.	3-5 hours after last meal	35g	3 cups		20g	25g	35g	
3.	3-5 hours after last meal	35g	3 cups	10g	20g	25g	35g	
4.	1-3 hours before workout	35g	3 cups	10g	35g	50g	65g	
5.	1/2 shake during workout, 1/2 right after	35g whey in water						65g
6.	Bedtime	35g	3 cups	15g	55g	75g	95g	

NON-WEIGHT TRAINING DAY

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	45g	3 cups			25g		
2.	3-5 hours after last meal	45g	3 cups			25g		
3.	3-5 hours after last meal	45g	3 cups			25g		
4.	3-5 hours after last meal	45g	3 cups	10g		25g		
5.	Bedtime	45g casein in water		20g				

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

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	35g whey in water						45g
2.	20 minutes after workout	35g	3 cups		25g	55g	75g	
3.	2-4 hours after last meal	35g	3 cups			35g	50g	
4.	3-5 hours after last meal	35g	3 cups			30g	35g	
5.	3-5 hours after last meal	35g	3 cups	10g		20g	25g	
6.	Bedtime	35g casein in water		20g		20g	25g	

TRAINING AFTER 1 MEAL

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					Light	Moderate	Hard	
1.	1-3 hours before workout	35g	3 cups		15g	30g	35g	
2.	1/2 shake during workout, 1/2 right after	35g whey in water			No Carbs Just Whey			30g
3.	40 minutes after workout	35g	3 cups		25g	55g	75g	
4.	2-4 hours after last meal	35g	3 cups			35g	50g	
5.	3-5 hours after last meal	35g	3 cups	10g		30g	35g	
6.	Bedtime	35g casein in water		20g		20g	25g	

TRAINING AFTER 2 MEALS

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	35g	3 cups			30g	35g	
2.	1-3 hours before workout	35g	3 cups		15g	30g	35g	
3.	1/2 shake during workout, 1/2 right after	35g whey in water			No Carbs Just Whey			30g
4.	40 minutes after workout	35g	3 cups		25g	55g	75g	
5.	2-4 hours after last meal	35g	3 cups	10g		35g	50g	
6.	Bedtime	35g casein in water		20g		20g	25g	

TRAINING AFTER 3 MEALS

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	35g	3 cups			30g	35g	
2.	3-5 hours after last meal	35g	3 cups			30g	35g	
3.	1-3 hours before workout	35g	3 cups	5g	15g	30g	35g	
4.	1/2 shake during workout, 1/2 right after	35g whey in water			No Carbs Just Whey			30g
5.	40 minutes after workout	35g	3 cups	5g	25g	55g	75g	
6.	Bedtime	35g casein in water		20g		30g	35g	

TRAINING AFTER 4 MEALS

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	35g	3 cups			20g	25g	
2.	3-5 hours after last meal	35g	3 cups			20g	25g	
3.	3-5 hours after last meal	35g	3 cups	10g		20g	25g	
4.	1-3 hours before workout	35g	3 cups	10g	15g	35g	50g	
5.	1/2 shake during workout, 1/2 right after	35g whey in water			No Carbs Just Whey			65g
6.	Bedtime	35g	3 cups	15g	25g	55g	75g	

NON-WEIGHT TRAINING DAY

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	45g	3 cups					
2.	3-5 hours after last meal	45g	3 cups					
3.	3-5 hours after last meal	45g	3 cups			25g		
4.	3-5 hours after last meal	45g	3 cups	10g		25g		
5.	Bedtime	45g casein in water		20g				

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	Intensity			Workout Carbs
					Light	Moderate	Hard	
1.	2/3 of shake upon waking, 1/3 during workout	35g whey in water			No Carbs Just Whey			45g
2.	20 minutes after workout	35g	3 cups			25g	55g	
3.	2-4 hours after last meal	35g	3 cups				35g	
4.	3-5 hours after last meal	35g	3 cups				30g	
5.	3-5 hours after last meal	35g	3 cups				20g	
6.	Bedtime	35g casein in water					20g	

TRAINING AFTER 1 MEAL

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Intensity			Workout Carbs
					Light	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			No Carbs Just Whey	No Carbs 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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Intensity			Workout Carbs
					Light	Moderate	Hard	
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	

TRAINING AFTER 3 MEALS

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Intensity			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	35g	3 cups				30g	
2.	3-5 hours after last meal	35g	3 cups				30g	
3.	1-3 hours before workout	35g	3 cups			15g	30g	
4.	1/2 shake during workout, 1/2 right after	35g whey in water			No Carbs Just Whey	No Carbs Just Whey		30g
5.	40 minutes after workout	35g	3 cups			25g	55g	
6.	Bedtime	35g casein in water					30g	

TRAINING AFTER 4 MEALS

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Intensity			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	35g	3 cups				20g	
2.	3-5 hours after last meal	35g	3 cups				20g	
3.	3-5 hours after last meal	35g	3 cups				20g	
4.	1-3 hours before workout	35g	3 cups			15g	35g	
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					
2.	3-5 hours after last meal	45g	3 cups					
3.	3-5 hours after last meal	45g	3 cups					
4.	3-5 hours after last meal	45g	3 cups					
5.	Bedtime	45g 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 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	35g whey in water						45g
2.	20 minutes after workout	35g	3 cups		25g	55g	75g	
3.	2-4 hours after last meal	35g	3 cups			35g	50g	
4.	3-5 hours after last meal	35g	3 cups			30g	35g	
5.	3-5 hours after last meal	35g	3 cups	10g		20g	25g	
6.	Bedtime	35g casein in water		20g		20g	25g	

TRAINING AFTER 1 MEAL

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					LIGHT	MODERATE	HARD	
1.	1-3 hours before workout	35g	3 cups		15g	30g	35g	
2.	1/2 shake during workout, 1/2 right after	35g whey in water			No Carbs Just Whey			30g
3.	40 minutes after workout	35g	3 cups		25g	55g	75g	
4.	2-4 hours after last meal	35g	3 cups			35g	50g	
5.	3-5 hours after last meal	35g	3 cups	10g		30g	35g	
6.	Bedtime	35g casein in water		20g		20g	25g	

TRAINING AFTER 2 MEALS

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					LIGHT	MODERATE	HARD	
1.	Waking	35g	3 cups			30g	35g	
2.	1-3 hours before workout	35g	3 cups		15g	30g	35g	
3.	1/2 shake during workout, 1/2 right after	35g whey in water			No Carbs Just Whey			30g
4.	40 minutes after workout	35g	3 cups		25g	55g	75g	
5.	2-4 hours after last meal	35g	3 cups	10g		35g	50g	
6.	Bedtime	35g casein in water		20g		20g	25g	

TRAINING AFTER 3 MEALS

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					LIGHT	MODERATE	HARD	
1.	Waking	35g	3 cups			30g	35g	
2.	3-5 hours after last meal	35g	3 cups			30g	35g	
3.	1-3 hours before workout	35g	3 cups	5g	15g	30g	35g	
4.	1/2 shake during workout, 1/2 right after	35g whey in water			No Carbs Just Whey			30g
5.	40 minutes after workout	35g	3 cups	5g	25g	55g	75g	
6.	Bedtime	35g casein in water		20g		30g	35g	

TRAINING AFTER 4 MEALS

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					LIGHT	MODERATE	HARD	
1.	Waking	35g	3 cups			20g	25g	
2.	3-5 hours after last meal	35g	3 cups			20g	25g	
3.	3-5 hours after last meal	35g	3 cups	10g		20g	25g	
4.	1-3 hours before workout	35g	3 cups	10g	15g	35g	50g	
5.	1/2 shake during workout, 1/2 right after	35g whey in water			No Carbs Just Whey			65g
6.	Bedtime	35g	3 cups	15g	25g	55g	75g	

NON-WEIGHT TRAINING DAY

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	HEALTHY CARBS			Workout Carbs
					LIGHT	MODERATE	HARD	
1.	Waking	45g	3 cups					
2.	3-5 hours after last meal	45g	3 cups					
3.	3-5 hours after last meal	45g	3 cups			25g		
4.	3-5 hours after last meal	45g	3 cups	10g		25g		
5.	Bedtime	45g casein in water		20g				

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	35g whey in water						45g
2.	20 minutes after workout	35g	3 cups		55g	75g	95g	
3.	2-4 hours after last meal	35g	3 cups		35g	50g	65g	
4.	3-5 hours after last meal	35g	3 cups		30g	35g	50g	
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					Light	Moderate	Hard	
1.	1-3 hours before workout	35g	3 cups		30g	35g	50g	
2.	1/2 shake during workout, 1/2 right after	35g whey in water						30g
3.	40 minutes after workout	35g	3 cups		55g	75g	95g	
4.	2-4 hours after last meal	35g	3 cups		35g	50g	65g	
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	35g	3 cups		30g	35g	50g	
2.	1-3 hours before workout	35g	3 cups		30g	35g	50g	
3.	1/2 shake during workout, 1/2 right after	35g whey in water						30g
4.	40 minutes after workout	35g	3 cups		55g	75g	95g	
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

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	35g	3 cups		30g	35g	50g	
2.	3-5 hours after last meal	35g	3 cups		30g	35g	50g	
3.	1-3 hours before workout	35g	3 cups	5g	30g	35g	50g	
4.	1/2 shake during workout, 1/2 right after	35g whey in water						30g
5.	40 minutes after workout	35g	3 cups	5g	55g	75g	95g	
6.	Bedtime	35g casein in water		20g	30g	35g	50g	

TRAINING AFTER 4 MEALS

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	35g	3 cups		20g	25g	35g	
2.	3-5 hours after last meal	35g	3 cups		20g	25g	35g	
3.	3-5 hours after last meal	35g	3 cups	10g	20g	25g	35g	
4.	1-3 hours before workout	35g	3 cups	10g	35g	50g	65g	
5.	1/2 shake during workout, 1/2 right after	35g whey in water						65g
6.	Bedtime	35g	3 cups	15g	55g	75g	95g	

NON-WEIGHT TRAINING DAY

MEAL NUMBER	Description	Protein	Veggies	Healthy Fats	Healthy Carbs			Workout Carbs
					Light	Moderate	Hard	
1.	Waking	45g	3 cups			25g		
2.	3-5 hours after last meal	45g	3 cups			25g		
3.	3-5 hours after last meal	45g	3 cups			25g		
4.	3-5 hours after last meal	45g	3 cups	10g		25g		
5.	Bedtime	45g casein in water		20g				

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
Cauliflower
Brussels Sprouts
Green Beans
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						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	

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	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	

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	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

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	70g	90g	
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	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
6.	Bedtime	30g	2 cups	15g	50g	70g	100g	

NON-WEIGHT TRAINING DAY

MEAL NUMBER	Description	PROTEIN	VEGGIES	HEALTHY FATS	HEALTHY CARBS			WORKOUT CARBS
					LIGHT	MODERATE	HARD	
1.	Waking	40g	2 cups	10g		25g		
2.	3-5 hours after last meal	40g	2 cups	15g		25g		
3.	3-5 hours after last meal	40g	2 cups	15g		25g		
4.	3-5 hours after last meal	40g	2 cups	15g		25g		
5.	Bedtime	40g casein in water		25g				