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 <u>Members-Only site</u> 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



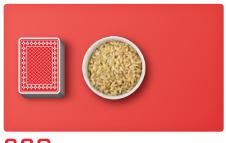
40G OF PROTEIN



1 CUP



2 CUPS



30G CARBS FROM GRAINS



30G CARBS FROM FRUIT



60G CARBS FROM GRAINS



MRP / BASE

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

40g whey in water

40g

40g

40g

40g

40g casein in water

40q

40g whey in water

40g

40g

40g

40g casein in water

40g

40q

40g whey in water

40q

40g

40g casein in water

40g

40g

40g

40g whey in water

40g

40g casein in water

40g

40g

40g

40g

40g whey in water

40g

50g

50g

50g

50q

50g casein in water

Egg Whites

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

20g

20g

25g

20g

10g

20g

20g

25g

10g

10g

10g

20g

25g

20q

20g

20g

10g

25q

20q

10g

20g

20g

20g

25g

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

LIGHT

55g

40g

30g

20g

20g

LIGHT

30g

55g

40g

30g

20g

LIGHT

30g

30g

55g

40g

20g

LIGHT

30g

30g

30g

55q

30q

LIGHT

20g

20g

**HEALTHY CARBS** 

MODERATE

80g

50g

40g

25g

25g

MODERATE

40g

80g

50g

40g

25g

MODERATE

40g

40q

80g

50g

25g

MODERATE

40g

40g

40g

80g

40q

MODERATE

25g

25g

100q

35g

35g

65g

105g

Gatorade/Powerade Lemonade Kool Aid

Coconut Water Advanced Carbs (Vitargo, etc.)

50g

Any Fruit Juice

**WORKOUT CARBS** 

, 1/3 during workout

FIRST	THING	AM	TRAINI	N

LIL	(3)	IПI	טאו	ΑIΨ	IKAI	INIINO
1.	2/3	3 of	sha	ake	upon	wakin

1.	2/3 of	shake	upon	wakir

1.	2/3 of shake upon waking
2	20 minutes ofter 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** 

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 2. 3-5 hours after last meal

Waking

6. Bedtime

1. Waking

5. Bedtime

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

3 cups 3 cups 3 cups 3 cups

20g 20g 20g 20g

20g 40g 55g

25g 50g 80g 25g

25g

25g

25g

65g 35g HARD 50g 50g 50g 100q 50g HARD 35g

100g 65g 50g 35g HARD 50g 50q

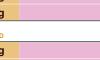
65g 50g 35g 35g HARD 50g

HARD

100g







35g

35q

65g

**MRP** / FAT LOSS 1

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

PROTE

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

TEIN	VEGGIES	HEALTHY FATS	HEALTHY CARBS	WORKOUT CARBS
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	FIRST THING AM TRAINING				LIGHT	MODERATE	HARD	
	1. 2/3 of shake upon waking, 1/3 during workout	40g whey in water						50g
뜳	2. 20 minutes after workout	40g	4 cups		55g	80g	100g	
ME	3. 2-4 hours after last meal	40g	4 cups		40g	50g	65g	
MEAL NUMBER	4. 3-5 hours after last meal	40g	4 cups		30g	40g	50g	
Z	5. 3-5 hours after last meal	40g	4 cups	10g	20g	25g	35g	
	6. Bedtime	40g casein in water		25g	20g	25g	35g	
	TRAINING AFTER 1 MEAL		LIGHT	MODERATE	HARD			
	1. 1-3 hours before workout	40g	4 cups		30g	40g	50g	
盗	2. 1/2 shake during workout, 1/2 right after	40g whey in water						35g
MEAL NUMBER	3. 40 minutes after workout	40g	4 cups		55g	80g	100g	
ALN	4. 2-4 hours after last meal	40g	4 cups		40g	50g	65g	
뿔	5. 3-5 hours after last meal	40g	4 cups	10g	30g	40g	50g	
	6. Bedtime	40g casein in water		25g	20g	25g	35g	
	TRAINING AFTER 2 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	40g	4 cups		30g	40g	50g	
#	2. 1-3 hours before workout	40g	4 cups		30g	40g	50g	
EAL NUMB	3. 1/2 shake during workout, 1/2 right after	40g whey in water						35g
ALN	4. 40 minutes after workout	40g	4 cups		55g	80g	100g	
Ξ	5. 2-4 hours after last meal	40g	4 cups	10g	40g	50g	65g	
	6. Bedtime	40g casein in water		25g	20g	25g	35g	
	TRAINING ACTER 2 MEALS							

	Waking	709	4 cups		Jug	709	Jug	
EK :	2. 1-3 hours before workout	40g	4 cups		30g	40g	50g	
	3. 1/2 shake during workout, 1/2 right after	40g whey in water						35g
4	4. 40 minutes after workout	40g	4 cups		55g	80g	100g	
	5. 2-4 hours after last meal	40g	4 cups	10g	40g	50g	65g	
	5. Bedtime	40g casein in water		25g	20g	25g	35g	
T	RAINING AFTER 3 MEALS		LIGHT	MODERATE	HARD			
•	I. Waking	40g	4 cups		30g	40g	50g	
	2. 3-5 hours after last meal	40g	4 cups		30g	40g	50g	
	3. 1-3 hours before workout	40g	4 cups		30g	40g	50g	
4	4. 1/2 shake during workout, 1/2 right after	40g whey in water						35g
	5. 40 minutes after workout	40g	4 cups	10g	55g	80g	100g	
	Bedtime	40g casein in water		25a	304	40a	50a	

= .	, , , , , , , , , , , , , , , , , , , ,							3
EAL NI	4. 40 minutes after workout	40g	4 cups		55g	80g	100g	
Ĭ	5. 2-4 hours after last meal	40g	4 cups	10g	40g	50g	65g	
	6. Bedtime	40g casein in water		25g	20g	25g	35g	
	TRAINING AFTER 3 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	40g	4 cups		30g	40g	50g	
EE.	2. 3-5 hours after last meal	40g	4 cups		30g	40g	50g	
EAL NUMB	3. 1-3 hours before workout	40g	4 cups		30g	40g	50g	
ALN	4. 1/2 shake during workout, 1/2 right after	40g whey in water						35g
Σ	5. 40 minutes after workout	40g	4 cups	10g	55g	80g	100g	
	6. Bedtime	40g casein in water		25g	30g	40g	50g	
	TRAINING AFTER 4 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	40g	4 cups		20g	25g	35g	
띮	2. 3-5 hours after last meal	40g	4 cups		20g	25g	35g	
NUME	3. 3-5 hours after last meal	40g	4 cups		20g	25g	35g	
EALN	4. 1-3 hours before workout	40g	4 cups	15g	40g	50g	65g	
Σ	5. 1/2 shake during workout, 1/2 right after	40g whey in water						65g
	6. Bedtime	40a	4 cups	15a	55a	80a	100a	

	o. Dedillie	40g caselli ili watei		239	209	239	JJG	
	TRAINING AFTER 3 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	40g	4 cups		30g	40g	50g	
Ĭ,	2. 3-5 hours after last meal	40g	4 cups		30g	40g	50g	
	3. 1-3 hours before workout	40g	4 cups		30g	40g	50g	
MEALN	4. 1/2 shake during workout, 1/2 right after	40g whey in water						35g
Ξ	5. 40 minutes after workout	40g	4 cups	10g	55g	80g	100g	
	6. Bedtime	40g casein in water		25g	30g	40g	50g	
TRAINING AFTER 4 MEALS								
	1. Waking	40g	4 cups		20g	25g	35g	
ž	2. 3-5 hours after last meal	40g	4 cups		20g	25g	35g	
NUMBER	3. 3-5 hours after last meal	40g	4 cups		20g	25g	35g	
A H	4. 1-3 hours before workout	40g	4 cups	15g	40g	50g	65g	
Ξ	5. 1/2 shake during workout, 1/2 right after	40g whey in water						65g
	6. Bedtime	40g	4 cups	15g	55g	80g	100g	
	NON-WEIGHT TRAINING DAY							
~	1. Waking	50g	4 cups			25g		
MEAL NUMBER	2. 3-5 hours after last meal	50g	4 cups			25g		
	3. 3-5 hours after last meal	50g	4 cups			25g		
Y E	4. 3-5 hours after last meal	50g	4 cups	10g		25g		
				0.0				

# Bedtime 50g casein in water 25g

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

MODERATE

55g

40g

30g

20g

20g

MODERATE

30q

55g

40g

30g

20q

MODERATE

30g

30q

55q

40g

20g

MODERATE

30q

30g

30g

55q

30q

MODERATE

20q

20g

20g

40a

55q

25g

25g

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

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

50g

35g

35q

35q

65g

Any Fruit Juice

## **PROTEIN**

40g whey in water

40g

40g

40q

40g

40g casein in water

40q

40g whey in water

40g

40g

40g

40g casein in water

40g

40q

40g whey in water

40q

40g

40g casein in water

40g

40g

40g

40g whey in water

40q

40q casein in water

40q

40g

40g

40g

40g whey in water

40g

50g

50g

50g

50q

50g casein in water

**VEGGIES** 

4 cups

**HEALTHY FATS** 

10g

25g

10g

25g

10g

25g

10g

25q

15g

15g

10g

25g

#### **HEALTHY CARBS**

HARD

80g

50g

40q

25g

25g

HARD

40q

80g

50g

40g

25g

HARD

40g

40q

80g

50g

25g

HARD

40q

40g

40g

80g

40q

HARD

25q

25g

25g

50g

80g

#### **WORKOUT CARBS**

### FIRST THING AM TRAINING

•	•••	_	•			_	•	•	• •	•	•••	• • • •	•••	_
1		2	/3	of	S	ha	ke	· u	aı	OI	า	Wá	ak	ir

1.	2/3	3 of	shake	upon	wakii

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

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**

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

- Waking 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

Waking

6. Bedtime

Waking

6. Bedtime

1. Waking

5. Bedtime



4. 3-5 hours after last meal

5. Bedtime

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

**PROTEIN** 

50g

50g 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 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** 

**HEALTHY FATS HEALTHY CARBS** 

FIRST THING AM TRAINING			LIGHT	MODERATE	HARD	·
1. 2/3 of shake upon waking, 1/3 during workout	40g whey in water		No Carbs Just Whey			50g
2. 20 minutes after workout	40g	4 cups		25g	55g	
3. 2-4 hours after last meal	40g	4 cups			40g	
4. 3-5 hours after last meal	40g	4 cups			30g	
5. 3-5 hours after last meal	40a	4 cups			20a	

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

5. 3-5 hours after last meal 40g 4 cups 30g

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

	o. Beduine	40g casein in water				209	
	TRAINING AFTER 2 MEALS			LIGHT	MODERATE	HARD	
	1. Waking	40g	4 cups			30g	
띮	2. 1-3 hours before workout	40g	4 cups		15g	30g	
MEAL NUMBER	3. 1/2 shake during workout, 1/2 right after	40g whey in water		No Carbs Just Whey	No Carbs Just Whey		35g
AL N	4. 40 minutes after workout	40g	4 cups		25g	55g	
Σ	5. 2-4 hours after last meal	40g	4 cups			40g	
	6. Bedtime	40g casein in water				20g	
	TRAINING AFTER 3 MEALS			LIGHT	MODERATE	HARD	
	1. Waking	40g	4 cups			30g	
ER	2. 3-5 hours after last meal	40g	4 cups			30g	
MEAL NUMBER	3. 1-3 hours before workout	40g	4 cups		15g	30g	
AL N	4. 1/2 shake during workout, 1/2 right after	40g whey in water		No Carbs Just Whey	No Carbs Just Whey		35g
Σ	5. 40 minutes after workout	40g	4 cups		25g	55g	
	6. Bedtime	40g casein in water				30g	
	TRAINING AFTER 4 MEALS			LIGHT	MODERATE	HARD	
	1. Waking	40g	4 cups			20g	
ER	2. 3-5 hours after last meal	40g	4 cups			20g	
IUME	3. 3-5 hours after last meal	40g	4 cups			20g	
MEAL NUMBER	4. 1-3 hours before workout	40g	4 cups		15g	40g	
Σ	5. 1/2 shake during workout, 1/2 right after	40g whey in water		No Carbs Just Whey	No Carbs Just Whey		65g
	6. Bedtime	40g	4 cups		25g	55g	

**NON-WEIGHT TRAINING DAY** 1. Waking 50g 4 cups 2. 3-5 hours after last meal 50g 4 cups 3. 3-5 hours after last meal 50g 4 cups

4 cups

# **MRP / MAINTENANCE 1**

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

40g 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 Whole Grain Bread Rice (any type) Whole Wheat Pasta Oatmeal Sweet Potatoes Any Fruit

LIGHT

Gatorade/Powerade Lemonade Kool Aid Any Fruit Juice

Coconut Water Advanced Carbs (Vitargo, etc.)

**PROTEIN** 

Any Natural Nut Butters **HEALTHY FATS** 

**HEALTHY CARBS** 

HARD

MODERATE

**WORKOUT CARBS** 

50g

## FIRST THING AM TRAINING

•	•••			• • • • •	.,,	A1-	٠.			
1	١.	2	2/3	of	sh	ake	u	pon	Wa	akin

			110 /	11-1	וואאו	14114	u
1.	2/3	3 of	shal	ke u	pon	wak	ir

	TIKOT TIIIKO API TKAIRIRO							
1.	2/3 of shake upon waking	, 1/3 during workout						

1.	2/3 of	shake	upon	wakin

1.	2/3 of shake upon wakin
_	00 1 1 1

MEAL NUMBER
MEAL NUMBER
AL NUMBER

	1. 2/3 of shake upon waking, 1/3 during workout	40g whey in water						aug
BE	2. 20 minutes after workout	40g	4 cups		25g	55g	80g	
MEAL NUMBER	3. 2-4 hours after last meal	40g	4 cups			40g	50g	
Y V	4. 3-5 hours after last meal	40g	4 cups			30g	40g	
Ξ	5. 3-5 hours after last meal	40g	4 cups	10g		20g	25g	
	6. Bedtime	40g casein in water		25g		20g	25g	
	TRAINING AFTER 1 MEAL				LIGHT	MODERATE	HARD	
	1. 1-3 hours before workout	40g	4 cups		15g	30g	40g	
띮	2. 1/2 shake during workout, 1/2 right after	40g whey in water			No Carbs Just Whey			35g
M N	3. 40 minutes after workout	40g	4 cups		25g	55g	80g	
MEAL NUMBER	4. 2-4 hours after last meal	40g	4 cups			40g	50g	
Ξ	5. 3-5 hours after last meal	40g	4 cups	10g		30g	40g	
	6. Bedtime	40g casein in water		25g		20g	25g	
	TRAINING AFTER 2 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	40g	4 cups			30g	40g	
띪	2. 1-3 hours before workout	40g	4 cups		15g	30g	40g	
MEAL NUMBER	3. 1/2 shake during workout, 1/2 right after	40g whey in water			No Carbs Just Whey			35g
AL N	4. 40 minutes after workout	40g	4 cups		25g	55g	80g	
Σ	5. 2-4 hours after last meal	40g	4 cups	10g		40g	50g	
	6. Bedtime	40g casein in water		25g		20g	25g	
	TRAINING AFTER 3 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	40g	4 cups			30g	40g	
ER.	2. 3-5 hours after last meal	40g	4 cups			30g	40g	
	3. 1-3 hours before workout	40g	4 cups		15g	30g	40g	
MEAL NUMBER	4. 1/2 shake during workout, 1/2 right after	40g whey in water			No Carbs Just Whey			35g
Ξ	5. 40 minutes after workout	40g	4 cups	10g	25g	55g	80g	
	6. Bedtime	40g casein in water		25g		30g	40g	
	TRAINING AFTER 4 MEALS				LIGHT	MODERATE	HARD	
	1. Waking	40g	4 cups			20g	25g	
띪	2. 3-5 hours after last meal	40g	4 cups			20g	25g	
	3. 3-5 hours after last meal	40g	4 cups			20g	25g	
MEAL NUMBER	4. 1-3 hours before workout	40g	4 cups	15g	15g	40g	50g	
Σ	5. 1/2 shake during workout, 1/2 right after	40g whey in water			No Carbs Just Whey			65g
	6. Bedtime	40g	4 cups	15g	25g	55g	80g	
	NON-WEIGHT TRAINING DAY							
٣.	1. Waking	50g	4 cups					
MEAL NUMBER	2. 3-5 hours after last meal	50g	4 cups					
N N	3. 3-5 hours after last meal	50g	4 cups			25g		
MEA	4. 3-5 hours after last meal	50g	4 cups	10g		25g		
	5. Bedtime	50g casein in water		25g				

## **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

4 cups

Any Nuts Avocado Olive Oil Canola Oil Avocado Oil

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

MODERATE

80g

50g

40g

25g

25g

MODERATE

40q

80g

50g

40g

25g

MODERATE

40g

40q

80g

50g

25g

MODERATE

40q

40g

40g

80g

40q

MODERATE

25g

25g

LIGHT

55g

40g

30g

20g

20g

LIGHT

30q

55g

40g

30g

20g

LIGHT

30g

30g

55g

40g

20g

LIGHT

30g

30g

30g

55q

30q

LIGHT

20q

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

Egg Whites **PROTEIN** 

40g whey in water

40g

40q

40g whey in water

40g

40g

40g

40g casein in water

40g

40q

40g whey in water

40q

40g

40g casein in water

40g

40g

40g

40g whey in water

40g

40g

40g

40g whey in water

40g

50g

50g

50g

50q

50g casein in water

1 Cup = 1 Small Handful **VEGGIES**  Any Natural Nut Butters

**HEALTHY FATS** 

10g

25g

10g

25g

10g

25g

10q

25q

10g

25g

**HEALTHY CARBS** 

HARD

100g

**WORKOUT CARBS** 

50g

FIRST	THIN	IG AM	TRAIN	IING

FII	(5)	IHI	NG	ΑМ	IKA	MIN	L
1	21	3 of	cha	ו באם	ınon	wak	i

1	2/3 o	f 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** 

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

40q 40q casein in water

40q

4 cups 4 cups 4 cups 4 cups

20g 15g 15g

20g 40g 55q

25g 50g 80g 25g

25g

25g

25g

65g

65g 50g 35g 35g HARD 50g

100g

50g 35g HARD

50g 50q



100q 65g 35g

HARD 50q 50g

50g

100q

50q

HARD

35q

35g

35g

65g

100q

40g 40q 40g

40g casein in water

4 cups

35g

35q

35q

65g

**MRP** | NEW BASE

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

**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

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

15g

15g

10g

25g

15g

15g

15g

15g

15g

10g

15g

15g

15g

25g

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** 

105g

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.) Any Fruit Juice

30g

65g

**WORKOUT CARBS** 

#### **HEALTHY FATS VEGGIES HEALTHY CARBS**

Any Natural Nut Butters

		THOTEIN	VEGGILO	HEALIHITATO	HEALITH SARDS			WORKINGOT CARE
	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	2 cups	10g	55g	75g	95g	
MEAL NUMBER	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	
Ĕ	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	
띪	2. 1/2 shake during workout, 1/2 right after	35g whey in water						30g
MEAL NUMBER	3. 40 minutes after workout	35g	2 cups	10g	55g	75g	95g	
AL N	4. 2-4 hours after last meal	35g	2 cups	15g	35g	50g	65g	
M	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	
띮	2. 1-3 hours before workout	35g	2 cups	15g	30g	35g	50g	
IUME	3. 1/2 shake during workout, 1/2 right after	35g whey in water						30g
MEAL NUMBER	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	

2 cups

# 2. 3-5 hours after last meal

6. Bedtime

Waking

6. Bedtime

Waking

5. 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

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

3. 1-3 hours before workout 4. 1/2 shake during workout, 1/2 right after 5. 40 minutes after workout