

175lb Male Maintenance (2500cal)

Main Meals:

6am

2 cups oatmeal with 10 strawberries = 365 cal

Or

3 hard boiled eggs w/ 2slices of wheat bread

Noon

Turkey Sandwich [(4-6 oz deli turkey) + (2 slices wheat bread)] = 329 cal

½ turkey sandwich [(2-3 oz turkey) + (2 slice wheat bread)] = 165 cal

Or

8 oz chicken with 1 cup brown rice = 464 cal

6pm

12 oz chicken w/ 3 cups broccoli = 462 cal

Or

40 large shrimp w/ 4 cups of brussel sprouts = 412 cal

Snacks:

10 am snack

2 banana =210 cal

3 pm snack

½ almonds = 264 cal

Pre and Post:

Pre workout meal (1hr before WO)

4.5 oz ground turkey (10% lean) w/1 cup white rice = 506 cal

Post workout shake (15 min post WO)

1 scoop protein powder + ice + water = 200 cal

Total _____

2493 cal