

# 230lb Male Weight Loss (timed for AM & PM workouts)

2000 cal/day max

Cal Total Listed below: 1837

## Meal 1 (353 cal) pre-workout (7Am) (assuming an 8am workout)

2 scoops wheybovic protein (206 cal)

1 tbsp Peanut butter (94 cal)

½ banana (53 cal)

## Meal 2 (308 cal) Post workout (1130 am)

2 slices wheat bread (138 cal)

4 slices deli turkey (80 cal)

1 tbsp Hellmann's Real Mayonnaise (90 cal)

Mustard (0 cal)

## Meal 3 (496 cal) Afternoon (330 pm)

1 cup brown rice (200 cal)

1 cup ground turkey (296 cal)

5 tbsp Footy's wing sauce (0 cal)

## Meal 4 (308 cal) Pre workout (630 pm) (Assuming a 730pm workout)

2 4oz filets of Mahi (200 cal)

3.5 cups broccoli (108 cal)

## Protein Shakes Post workout

2 scoops wheybovic protein (186 cal) (930am)

2 scoops wheyabolic protein (186 cal) (845pm)

With this diet, use your own ingredients, the idea is to make each meal approximately same amount of calories as the meals I listed for you. Also meal timing is very important, make sure to eat your meals at the assigned times as long as you don't exceed 2000 cal per day you should lose weight more efficiently without burning muscle. I gave you a little less than 200 cal to play with so you don't exceed 2000. This will allow you to feed late night snacks cravings with healthy portioned alternatives.