

40.90909  
81.81818

<b>Weight</b>	225
<b>Body Fat%</b>	13%
<b>LBM</b>	195.75
<b>Meals Per Day</b>	7

	<b>Cutting</b>	<b>Maint</b>	<b>Bulking</b>
<b>Protein (gms/lb BW)</b>	1.2	1.5	1.5
<b>Fat Level</b>	20%	20.00%	25%
<b>Calories Per Lb</b>	12	15	20

	<b>Per Day</b>		<b>Per Meal</b>		<b>%</b>
	<b>gms</b>	<b>Cals</b>	<b>gms</b>	<b>Cals</b>	
<b>Cutting</b>					
Protein	270	1,080	39	154	40%
Fat	60	540	9	77	20%
Carbs	270	1,080	39	154	40%
<b>TOTAL</b>		2,700		386	

	<b>Per Day</b>		<b>Per Meal</b>		<b>%</b>
	<b>gms</b>	<b>Cals</b>	<b>gms</b>	<b>Cals</b>	
<b>Maint</b>					
Protein	338	1,350	48	193	40%
Fat	75	675	11	96	20%
Carbs	338	1,350	48	193	40%
<b>TOTAL</b>		3,375		482	

	<b>Per Day</b>		<b>Per Meal</b>		<b>%</b>
	<b>gms</b>	<b>Cals</b>	<b>gms</b>	<b>Cals</b>	
<b>Bulking</b>					
Protein	338	1,350	48	193	30%
Fat	125	1,125	18	161	25%
Carbs	506	2,025	72	289	45%
<b>TOTAL</b>		4,500		643	

<b>Meal</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbs</b>	<b>Cals</b>
1	428	40	12	40
2	756	60	4	120
3	802	50	18	110
4	802	50	18	110
5	656	50	24	60
6	576	50	24	40
7	496	50	24	20
<b>TOTAL</b>	<b>4516</b>	<b>350</b>	<b>124</b>	<b>500</b>

Preworkout	Any kind of nut or 1/2 tablespoon of oil	0.50	Oz
	50 gms worth of protien powder	1.00	Serving
	Cereal, OatMeal, Plain, Raw,	1.00	cup
post workout	60 gms worth of protien powder		
	60 gms maltodextrin		
	60 gms dextrose		
Meals 3 & 4	Bread, Pita, Whole Wheat	3.00	Pita
	flax, nut or olive oil	0.50	TblSpn
	Egg whites	9.00	ea
	Eggs	3.00	ea
	Bread, Pita, Whole Wheat	1.00	Pita
	Oil, Olive Oil	1.00	tspn
	legumes, (black, red, white beans)	1.00	cup
	Any lean meat, chicken breast, top round steak, pork tenderloin	6.00	ozs
	green veggies (as much as you want, but at-least)	8.00	Ozs
	Rice, Brown,(Raw) By Measure	0.75	Cup
flax, nut or olive oil	0.50	TblSpn	
Any lean meat, chicken breast, top round steak, pork tenderloin	6.00	ozs	
Meal 5	green veggies (as much as you want, but at-least)	8.00	Ozs
	legumes, (black, red, white beans)	0.75	cup
	Any lean meat, chicken breast, top round steak, pork tenderloin	6.00	ozs
Meals 6 & 7	green veggies (as much as you want, but at-least)	8.00	Ozs
	Any lean meat, chicken breast, top round steak, pork tenderloin	8.00	ozs
	Any kind of nut or 1 tablespoon of oil	1.00	Oz