

Sheet1

Reload 1 Diet Carbs	Protein	Fat	
Meal 1	30	49	15
Meal 2	15	49	15
Meal 3	15	49	15
Meal 4	15	49	15
Meal 5	15	49	15
Meal 6	30	49	15
TOTALS	120	293	90

total cals 2462

Reload 2 Diet Carbs	Protein	Fat	
Meal 1	30	49	20
Meal 2	15	49	20
Meal 3	15	49	20
Meal 4	15	49	20
Meal 5	15	49	20
Meal 6	30	49	20
TOTALS	120	293	120

total cals 2736

PCT Reload 3 Carbs	Protein	Fat	
Meal 1	30	42	15
Meal 2	10	49	10
Meal 3	10	49	15
Meal 4	10	49	15
Meal 5	10	49	10
Meal 6	30	42	15
TOTALS	100	280	80

total cals 2240

Deload 1 Diet Carbs	Protein	Fat	
Meal 1	30	21	27
Meal 2	15	21	27
Meal 3	15	21	27
Meal 4	15	21	27
Meal 5	15	21	27
Meal 6	30	21	27
TOTALS	120	126	162

total cals 2442

Deload 2 Diet Carbs	Protein	Fat	
Meal 1	30	21	32
Meal 2	15	21	32
Meal 3	15	21	32
Meal 4	15	21	32
Meal 5	15	21	32
Meal 6	30	21	32
TOTALS	120	126	192

total cals 2712

OFF Deload 3 Carbs	Protein	Fat	
Meal 1	30	20	28
Meal 2	10	20	23
Meal 3	10	20	28
Meal 4	10	20	28
Meal 5	10	20	23
Meal 6	30	20	28
TOTALS	100	100	158

total cals 2222