



## Pre-Workout Snack (Break-Fast)

Food	How Much	Calories	Carbs	Fat	Protein
Whey Protein (see notes)	45 g	182	3	2	33
Banana	100 g	89	29	9	1
Almond Milk	240 mL	30	0	3	1
<b>TOTAL</b>		<b>301</b>	<b>23</b>	<b>5</b>	<b>35</b>



## Workout (taken with Legion Pulse Before and Recharge/ Creatine After)

## Post-Workout Meal

Food	How Much	Calories	Carbs	Fat	Protein
(Part1) Olive Oil	.5 tbsp	60	0	7	0
Chicken Breast (raw weight)	10 oz	300	0	3	65
Sweet Potato (uncooked weight)	250 g	215	50	0	4
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(Part2) Olive Oil	.5 tbsp	60	0	7	0
Egg Whites	276 g	150	0	0	30
Mushrooms	30 g	7	1	0	1
Onions	30 g	12	3	0	0
Bell Peppers	50 g	10	2	0	0
Tomatoes	30 g	5	1	0	0
<b>TOTAL</b>		<b>819</b>	<b>57</b>	<b>17</b>	<b>100</b>



## Dinner (aka. FEAST)

	Food	How Much	Calories	Carbs	Fat	Protein
(Part1)	Kodiak Cake Chocolate Chip Pancakes	106 g	400	60	6	28
	Whey Protein (see notes)	15 g	60	1	1	11
	Sugar Free Syrup	60 mL	15	6	0	0
(Part2)	Chobani Greek Yogurt	255 g	195	24	0	21
	Peanut Butter	32 g	190	6	16	7
	Banana	115 g	102	23	0	1
	Whey Protein	15 g	60	1	1	11
	<b>TOTAL</b>		<b>1022</b>	<b>121</b>	<b>24</b>	<b>79</b>

	<b>Daily Total</b>	<b>2143</b>	<b>201</b>	<b>46</b>	<b>216</b>
	<b>Goal For Day</b>	<b>2120</b>	<b>213</b>	<b>47</b>	<b>213</b>
			40% Carbs	20% Fat	40% Protein



## NOTES

**Produce/Veggies** - I used MFP to calculate these calories and macros, specifically the USDA version (if you use the food search method in MFP). Your calories and macros may vary slightly.

**Intermittent Fasting (IF)** - Whether you follow IF or not, you can still follow this meal plan. If you DO follow IF, then your first meal is the one that breaks your fast. Your fasting window can be whatever you want. [Watch this video](#) if you want to learn more about intermittent fasting.

**Kodiak Cakes and HaloTop** - I have been eating [Kodiak Cakes](#) and [HaloTop](#) for the past 3 years and I don't plan on stopping anytime soon. I suggest trying them out. They are packed with protein and delicious. You can usually find them for bulk on Amazon or Costco or a similar store.

**Oils** - You can use whatever oil you'd like, I just use olive oil. You can use coconut oil, avocado oil, etc., just be aware of the calories.

**Sauces, Seasonings, and Sweeteners** - You may use sweeteners like stevia and vanilla extract if you wish. Sauces are fine too (i.e., bbq sauce, teriyaki sauce, ranch, etc.) however, take into account their calories and macros as they are usually packed with them. Also, if you want some nice zero calories syrups, [Walden Farms](#) has some good ones (i.e., chocolate, blueberry, and regular syrup). Lastly, seasonings are fine to use and not necessary to track unless your seasoning has a substantial amount of calories (i.e., more than 30 calories per serving).

**Making Changes** - Don't think you have to follow this to the "T." For example, you could take from one meal and add it to another (i.e., removing 100g of bananas from a yogurt meal and using those calories for something else). Nothing is set in stone. Sometimes, I'll have only 1/2 a tub of HaloTop and use those calories elsewhere.

**Supplements** - I've written an entire article on [what the best supplements for cutting are here](#). Below are some notes on each.

**Whey Protein** - You may use any protein brand you like, however, [I use Legion WHEY+ Protein](#), specifically, their Cinnamon Cereal flavor because it's so damn delicious. I'd also recommend the Optimum Nutrition Gold Standard Whey Protein brand as well. It's not as tasty as Legion's but it is a bit cheaper.

**Pre Workout** - I use [Legion Pulse](#) and I suggest you do too. It's the [best pre-workout I've ever had](#) and LabDoor ranks it #1 in terms of quality and purity amongst all the pre-workout supplements they have ever tested which is in the hundreds.

**Creatine** - I always take creatine while cutting. It helps with recovery and performance in the gym. [I use this one](#) because it's cheap and high-quality. You can just mix it in with water or any protein shake, etc.

**Fasted Training** - If you want to train fasted for faster results, then I URGE you to take either [FORGE](#) or [BCAAs](#) prior to the fasted training session. Why? So you don't lose your gains. Fasted Training + calorie deficit = more potential to lose muscle. Forge gives you energy and preserves muscle while training fasted.

### General Notes:

- These meal plans are based on **MY calories and macros and based on MY preferences**. You may or may not have different tastes and preferences. Don't think you have to follow this exact plan. This is to give you ideas for your own meal plan. **That being said**, I've been doing this whole "fat loss" thing for a while and this is what works best for me the majority of the time.
- Lastly, you may notice that some of the calories/macros don't add up exactly if you "do the math" with the daily total. This is due to some rounding in MFP.