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Personalized Nutrition Plan for: Jesus Leyva

7:00AM – wake up:

- 1) 1 multivitamin
- 2) no nutrition at this point except for water

10:00AM – breakfast:

- 1) 1 whey protein shake (150 calories)
- 2) 1 serving low-fat mozzarella cheese: string or shredded (60 calories)

1:00PM – lunch:

- 1) 1 serving 4 ounces lean meat: chicken, steak, or ground sirloin (250 calories)
- 2) 1 cup green vegetables (30 calories)

4:00PM – workout in semi-fasted state:

- 1) weight training (preferably 1 muscle group per day, 4 to 5 times per week)
 - a. 30 – 60 minutes (we can discuss in further detail if you wish)

5:30PM – post-workout nutrition:

- 1) 1 whey protein shake (150 calories)
- 2) 1 serving non-mechanically processed deli meat (70 calories)
- 3) 1 serving low-fat mozzarella cheese: string or shredded (60 calories)
- 4) 3 fish oil softgels (35 calories)

7:30PM – dinner:

- 1) 1 serving 8 ounces lean meat: chicken, steak, or ground sirloin (500 calories)
- 2) 1 cup green vegetables (30 calories)
- 3) 1 sweet potato – optional (180 calories)

9:30PM – final snack

- 1) 1 serving – 2 tablespoons – peanut butter (180 calories)
- 2) 1 serving ¼ cup oats (65 calories)

11:00PM – sleep – no eating until 10:00AM the following morning

Total Calories:

1760

Macro Nutrient Breakdown:

Protein: 165 grams (37.5%) - 660 calories

Carbohydrates: 74 grams (16.8%) - 296 calories

Fats: - 89 grams (45.7%) - 804 calories

Thank you for your business! If you have any questions or concerns, please stop by the Smart Health Shop forum and post your inquiries. We will dig deeper and provide more support with your involvement on the forums (free membership):

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I do not know your specific level of training (you indicated 3 to 4 days) throughout the week nor do I know your exact schedule. If you would like to adjust the times based on those two factors, please do feel free to contact me for amendments.

You may increase the carbohydrates on days where you are weight training and decrease the carbohydrates while increasing the fats on non-training days. The main two factors on timing that I would like you to know are to keep as many carbohydrates for the post-workout period as possible and as few as possible for the pre-workout period.

Also, I have no eating for 12.5 hours scheduled in for you for a partial fasting period. The small period of fasting will encourage energy usage via fat storage as opposed to glucose and help you lose fat and weight quicker.

I hope the above nutrition is adequate for your needs. I can assure you that assuming there are no hormonal issues (adrenal, thyroid, testosterone / estrogen), the above plan will lean you out, maintain muscle, and burn fat quickly.

I would like to assist you with any weight training schedule if you would like. You may want to participate in some high intensity cardio a couple times a week, but not too much: your diet alone will be burning fat for you. If there are any other questions or needs for assistance, please do email support@smarthealthshop.com or contact via eBay. Thank you!

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