

Training Days (4x per week)

Supplements (Take with Breakfast):

- 1 multivitamin
- 1 Omega 3
- 1 Probiotic
- 1 Digestive enzyme
- 1 Magnesium



	Food
Breakfast	2-4 whole eggs cooked in 10-15g coconut oil
Snack 1:	30g-50g Whey Protein Shake
	20g-30g Nuts (brazil, almonds or pecans)
Lunch	150g-300g Meat or Fish (Chicken, Turkey, Mince meat, Cod, Haddock, Steak, Venison, Hake, Salmon, Tuna, or Ostrich) - Cook Meat or Fish in 10-15g Olive Oil
	200g-300g Sweet Potatoes or 50-80g Brown Rice
	Handful of Green Vegetables (broccoli, lettuce, cabbage, asparagus, avocado, peppers, kale, or spinach)
Snack 2:	30g-50g Whey Protein Shake
	20g-30g Nuts (brazil, almonds or pecans)
Dinner	150g-300g Meat or Fish (Chicken, Turkey, Mince meat, Cod, Haddock, Steak, Venison, Hake, Salmon, Tuna, or Ostrich) - Cook Meat or Fish in 10-15g Olive Oil
	200g-300g Sweet Potatoes or 50-80g Brown Rice
	Handful of Green Vegetables (broccoli, lettuce, cabbage, asparagus, avocado, peppers, kale, or spinach)
Post Workout 1	40-50g Whey Protein Shake



REST Days (3x per week)

Supplements (Take with Breakfast):

- 1 multivitamin
- 1 cod liver oil
- 1 Probiotic
- 1 Digestive enzyme
- 1 Magnesium

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	Food
Breakfast	2-4 whole eggs cooked in 10-15g coconut oil or 150g-250g Sirloin Steak cooked in 10-15g coconut oil
Snack 1	40g-50g Nuts (hazelnut, or walnuts)
Lunch	150g-300g Meat or Fish (Chicken, Turkey, Mince meat, Cod, Haddock, Steak, Venison, Hake, Salmon, Tuna, or Ostrich) - Cook Meat or Fish in 10-15g Olive Oil
	Handful of Green Vegetables (broccoli, lettuce, cabbage, asparagus, avocado, peppers, kale, or spinach)
Snack 1:	40g-50g Nuts (hazelnut, or walnuts)
Dinner	150g-300g Meat or Fish (Chicken, Turkey, Mince meat, Cod, Haddock, Steak, Venison, Hake, Salmon, Tuna, or Ostrich) - Cook Meat or Fish in 10-15g Olive Oil
	Handful of Green Vegetables (broccoli, lettuce, cabbage, asparagus, avocado, peppers, kale, or spinach)