

EVERYDAY GYMGOER Nutrition Plan

As with any diet, consult your physician or licensed qualified health care professional before starting.
The Body Evolution does not guarantee or claim any health effects from the following RECOMMENDED diet.

TIME PERIOD: 6 DAYS A WEEK/1 FULL FREE CHEAT DAY

7 am (Breakfast, Hard Food)

OPTION ONE:

MAN: 3 egg whites, 1 full egg and ¼ cup oatmeal or 100% bran or grain cereal with honey or 100% jam.

WOMAN: 2 egg whites, 1 full egg and ¼ cup oatmeal or 100% bran or grain cereal with honey or 100% jam.

OPTION TWO:

MAN: ¾ cup 100% fat free cottage cheese and ½ cup of 100% fat free yogurt.

WOMAN: ½ cup 100% fat free cottage cheese and ¼ cup of 100% fat free yogurt.

Carbohydrates can also consist of 100% whole wheat bread, fruits or vegetables. With every meal you should be drinking 2 cups water (8oz.)

NOTE: IF YOUR WORKOUT IS IN THE MORNING, MAKE SURE AND DRINK A EVOLVE MEAL REPLACEMENT OR A BLENDED WHEY PROTEIN SHAKE DIRECTLY AFTER YOUR WORKOUT.

10 am

EVOLVE MEAL REPLACEMENT shake with your choice of a fruit OR starchy carbohydrate. (only if you are dragging or feeling low energy) Drink 1 cup water (8oz.).

12:30 pm – 1 pm (Lunch)

OPTION ONE: Chicken, fish, turkey, lean beef, lean ham with oatmeal, brown rice, sweet potato, potato or whole wheat breads or tortillas or 100% grain pastas. (pastas available in spinach, whole wheat or multi-grain) Serving of raw or cooked vegetables. 2 cups water (8oz.).

OPTION TWO: EVOLVE MEAL REPLACEMENT shake with your choice of a fruit, vegetable, 100% whole wheat bread, oatmeal or 100% natural granola bar. Drink 1 cup water (8oz.).

3 – 3:30 pm

EVOLVE MEAL REPLACEMENT shake with your choice of a fruit, vegetable, 100% whole wheat bread, oatmeal or 100% natural granola bar. Drink 1 cup water (8oz.).

6:30 pm (Dinner)

OPTION ONE: Chicken, fish, turkey, lean beef, lean ham with oatmeal, brown rice, sweet potato, potato or whole wheat breads or tortillas or 100% grain pastas. (pastas available in spinach, whole wheat or multi-grain) Serving of raw or cooked vegetables. 2 cups water (8oz.).

OPTION TWO: EVOLVE MEAL REPLACEMENT shake with your choice of a fruit, vegetable, 100% whole wheat bread, oatmeal or 100% natural granola bar. Drink 1 cup water (8oz.).

NOTE: IF YOUR WORKOUT IS IN THE AFTERNOON OR EVENING, MAKE SURE AND DRINK A EVOLVE MEAL REPLACEMENT OR A BLENDED WHEY PROTEIN SHAKE DIRECTLY AFTER YOUR WORKOUT

9 – 10 pm at the latest

One more meal if necessary. Best if meal is an Evolve Meal Replacement shake with a low-starch carbohydrate. 2 cups water (8oz.)

EVERYDAY GYMGOER Daily Food Diary

7 AM (BREAKFAST Hard Food — Evolve Meal Replacement or Blended Whey Protein after workout)

Food Group	Food name and amount
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	

10 AM (Evolve Meal Replacement)

Notes	
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12:30 – 1 PM (LUNCH)

Food Group	Food name and amount
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	

3 – 3:30 PM (Evolve Meal Replacement)

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6:30 PM (DINNER — Evolve Meal Replacement or Blended Whey Protein after workout)

Food Group	Food name and amount
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	

9 – 10 PM AT THE LATEST (Evolve Meal Replacement)

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