

## MALE BODYBUILDER Nutrition Plan

This diet is designed for a male bodybuilder to follow throughout the course of the year until 10wks before competition.

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 OR 1 CHEAT MEAL...YOUR CHOICE

#### 7 am ( Breakfast, Hard Food )

**OPTION ONE:** 4 egg whites, 1 full egg and ½-¾ cup oatmeal (pre-cooked) or 100% Banana if still hungry.

**OPTION TWO:** 1 cup 100% fat free cottage cheese and ½ cup of 100% fat free yogurt and 100% jam. ½ serving of Evolve Meal Replacement shake.

**OPTION THREE:** Choice of: chicken, lean beef, turkey, lean ham. Hash browns cooked with olive oil and sea salt or sweet potato.

*Carbohydrates can also consist of 100% whole wheat bread, fruits or vegetables. With every meal you should be drinking 2 cups water (12oz.)*

**NOTE:** DO NOT EAT BREAD MORE THAN 3 DAYS A WEEK IF YOU ARE GOING TO EAT IT. ALSO, ONLY EAT POTATOS 2 DAYS A WEEK IF INCORPORATING THEM INTO YOUR DIET.

**NOTE:** IF WORKING OUT IN MORNING TAKE 1 SERVING OF GLUTAMINE EMPOWERED AND 1 SERVING OF CREATINE POWER PLUS BEFORE AND AFTER YOUR WORKOUT. MAKE SURE AND DRINK A BLENDED WHEY PROTEIN SHAKE DIRECTLY AFTER YOUR WORKOUT (2 Scoops). Our Pre-workout BOOM can be taken for explosive extra energy as well, but should not be taken if you are sensitive to caffeine. We highly recommend you take this 15 minutes before your workout or throughout your workout.

#### 10 am

EVOLVE MEAL REPLACEMENT shake with your choice of a fruit, vegetable, oatmeal or 100% natural granola bar. 1 cup water (10oz.). WE BELIEVE ANYONE TRAINING TO BE A BODYBUILDER SHOULD INCORPORATE CARBS MORE HEAVILY IN THE MORNING.

#### 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 (10oz.).

**OPTION TWO:** 1 cup 100% fat free cottage cheese and ½ cup of 100% fat free yogurt or fruit. ½ serving of Evolve Meal Replacement shake.

**OPTION THREE:** 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/ 1 cup water (10oz.).

**NOTE:** IF WORKING OUT IN AFTERNOON OR EVENING TAKE 1 SERVING OF GLUTAMINE EMPOWERED AND 1 SERVING OF CREATINE POWER PLUS BEFORE AND AFTER YOUR WORKOUT. MAKE SURE AND DRINK A BLENDED WHEY PROTEIN SHAKE DIRECTLY AFTER YOUR WORKOUT (2 Scoops). Our Pre-workout BOOM can be taken for explosive extra energy as well, but should not be taken if you are sensitive to caffeine. We highly recommend you take this 15 minutes before your workout or throughout your workout.

#### 6:30 pm (Dinner)

**OPTION ONE:** Chicken, fish, turkey, lean beef, lean ham with serving of raw or cooked vegetables. 2 cups water (10oz.).

**OPTION TWO:** 1 cup 100% fat free cottage cheese ½ serving of MRP shake with serving of raw or cooked vegetables.

**OPTION THREE:** EVOLVE MEAL REPLACEMENT shake with your choice of raw or cooked vegetables. 1 cup water (10oz.).

#### 8:30 pm

Blended Whey Protein Shake. ONE SERVING OF GLUTAMINE EMPOWERED. 1 cups water (10oz.)

## MALE BODYBUILDER Daily Food Diary

**7 AM ( BREAKFAST Hard Food — Blended Whey Protein, Glutamine Empowered & Creatine Power Plus, Boom )**

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

**10 AM ( Evolve Meal Replacement )**

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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, Blended Whey Protein, Glutamine Empowered & Creatine Power Plus, Boom )**

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**6:30 PM ( DINNER )**

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

**8:30 PM ( Blended Whey Protein, Glutamine Empowered )**

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