

## POWERLIFTER 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: 5 DAYS A WEEK/1 FULL FREE CHEAT WEEKEND

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

**OPTION ONE:** 6 egg whites, 1 full egg and 1 cup oatmeal (pre-cooked) or 100% Serving of fruit.

**OPTION TWO:** Choice of Meat: chicken, lean beef, turkey, lean ham, hash browns cooked with olive oil and sea salt or sweet potato. 2 Servings of carbohydrates necessary.

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

**NOTE:** IF WORKING OUT IN MORNING TAKE 2 SERVINGS 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 (3 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 choice of fruit, vegetable, oatmeal or 100% natural granola bar(2serv). 1 cup water(10oz.)

#### 12:30 pm – 1 pm (Lunch)

**OPTION ONE:** 2 servings of 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.) Once again...2 servings of carbohydrates.

**OPTION TWO:** EVOLVE MEAL REPLACEMENT shake with your choice of a fruit, vegetable, 100% whole wheat bread, oatmeal or 100% natural granola bar. (2 servings) Drink 1 cup water (8oz.).

#### 3 – 3:30 pm

EVOLVE MEAL REPLACEMENT shake with choice of fruit, vegetable, oatmeal or 100% natural granola bar(2serv). 1cup 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 (3 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.

#### 5:30 pm

EVOLVE MEAL REPLACEMENT shake with choice of fruit, vegetable, oatmeal or 100% natural granola bar(2serv). 1 cup water(10oz.)

#### 6 – 7:30 pm

**OPTION ONE:** 2 servings of 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.) Once again...2 servings of carbohydrates.

**OPTION TWO:** EVOLVE MEAL REPLACEMENT shake with your choice of a fruit, vegetable, 100% whole wheat bread, oatmeal or 100% natural granola bar. (2 servings) Drink 1 cup water (8oz.). GLUTAMINE EMPOWERED. 1 cups water (10oz.)

#### 9:30 pm

BLENDED WHEY PROTEIN shake and 2 servings of glutamine empowered. 1 cup water (10oz.).

## POWERLIFTER 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	

**3:30 PM ( Evolve Meal Replacement, Blended Whey Protein, Glutamine Empowered & Creatine Power Plus, Boom )**

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**5:30 PM ( Evolve Meal Replacement )**

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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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