

## **RUNNER Nutrition Plan** WOMEN: Do exactly half of the man's suggestion on this diet below.

*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 FREE CHEAT DAY**

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

**OPTION ONE:** 4 egg whites, 1 full egg and ½-¾ cup oatmeal (pre-cooked) or 100% Serving of fruit.

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

**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 (12 oz.)*

**NOTE:** Always eat 2-3 servings of carbohydrates in the morning...your choice. Do not eat any dairy 2 hrs. before the run.

**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 OR RUN AND EAT A CARBOHYDRATE WITH THAT SHAKE (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.). 2 servings of carbohydrates.

#### **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( 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 MRP 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.).

#### **3:30 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 OR RUN AND EAT A CARBOHYDRATE WITH THAT SHAKE (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 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 ½ serving of MRP shake with serving of raw or cooked vegetables and 2 servings of carbs.

**OPTION THREE:** EVOLVE MEAL REPLACEMENT shake with choice of raw or cooked vegetables and 2 servings of carbs. 1 cup water (10oz.). **NOTE:** IF RUNNING IN THE MORNING, CARBS SHOULD BE 3 TO 1 AT DINNER MEAL TO LOAD FOR RUN

#### **8:30 pm**

Blended Whey Protein Shake. ONE SERVING OF GLUTAMINE EMPOWERED. 1 cup water (10oz.) NO CARBS

## RUNNER 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 )

Notes	
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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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### 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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