

TRAINER 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 WORKING OUT IN MORNING TAKE 1 SERVING OF GLUTAMINE EMPOWERED AND 1 SERVING OF CREATINE POWER PLUS (1/2 SERVING CREATINE FOR WOMAN TRAINER) 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 choice of 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.).

NOTE: IF WORKING OUT IN EVENING TAKE 1 SERVING OF GLUTAMINE EMPOWERED AND 1 SERVING OF CREATINE POWER PLUS (1/2 SERVING CREATINE FOR WOMAN TRAINER) 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.

3:30 pm

EVOLVE MEAL REPLACEMENT shake with choice of fruit OR starchy carbohydrate. (only if you are dragging or feeling low energy) 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 (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.).

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.)

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

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

3:30 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	

9 – 10 PM (Evolve Meal Replacement)

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