Mile High Muscle

Meal Guide

Recommended								
	Calories:	3,000	**Protein:**	289	**Carbs:**	315	**Fats:**	65
	Actual:	2971.5	**Actual:**	241.2	**Actual:**	47.8	**Actual:**	200.5
		99%		32%		6%		61%

Uncooked

Meal 1:	Ounces:	Calories:	Protein	Carbs:	Fats:
(Drink 1 Gallon of Water each Day)					
5 Large Eggs		350	30	0	25
4 Slices of Turkey Bacon		120	8	0	10
1/4 Cup Shredded Mozzarella Cheese		80	6	3	7
(25 B CFU Probiotic/ 1g Fish Oil / 1g CLA / 1g L-Carnitine)		0	0	0	0
	Total:	**550**	**44**	**3**	**42**
	Recommended Totals:	**525**	**53**	**53**	**12**

C	P	C	F

Meal 2:	Ounces:	Calories:	Protein	Carbs:	Fats:
6oz Chicken Breast		180	39		1.5
3 cups of Half & Half Salad Mix		37.5	3	4.5	0
50g Cherry Tomatos		13	0.6	3	
2 tbsp Primal Kitchen Dressing of Choice		120	0	2	13
(1 Multivitamin/ Milk Thistle / 1g CLA / 1g L-Carnitine)		0	0	0	0
	Total:	**350.5**	**42.6**	**9.5**	**14.5**
	Recommended Totals:	**525**	**53**	**53**	**12**

C	P	C	F

Meal 3:	Ounces:	Calories:	Protein	Carbs:	Fats:
8oz of Salmon		360	46.6		18.6
4 oz of Asparagus		23	2.5	4.4	0.1
1 tbsp Ghee Butter		120	0	0	13
		0	0	0	0
(Tumeric/ 1g CLA / 1g L-Carnitine)		0	0	0	0
	Total:	**503**	**49.1**	**4.4**	**31.7**
	Recommended Calories:	**525**	**53**	**53**	**12**

C	P	C	F

Meal 4:	Ounces:	Calories:	Protein	Carbs:	Fats:
1/2 Medium Avocado		120	1.5	6.4	11
3 oz Almonds		510	18	15	40
	Total:	**630**	**19.5**	**21.4**	**51**
	Recommended Calories:	**525**	**53**	**53**	**12**

C	P	C	F

(Pre Workout) Meal 5	Ounces:	Calories:	Protein	Carbs:	Fats:
8oz Ground Beef 80% Lean		580	40	0	46
2 oz of Mushrooms + 1 oz Onions)		18	2	3.5	0.3
1 tbsp Ghee Butter		120	0	0	13
Optional Supplements Pre-Workout:					
(Preworkout: Ghost, Lit, or Bucked Up, Raw CBUM)					
	Total:	**718**	**42**	**3.5**	**59.3**
	Recommended Calories:	**300**	**19**	**45**	**5**

C	P	C	F

(Post Workout Meal) Meal 6	Ounces:	Calories:	Protein	Carbs:	Fats:
2 Scoop of Farm Fed / CBUM Protein		220	44	6	2
(mix yogurt and protein together…turns into a frosting					
type texture or dessert)					
1 scoop of Ghost BCAAs					
5g of L-Glutamine					
4g of Creatine HCL					
	Total:	**220**	**44**	**6**	**2**
	Recommended Calories:	**600**	**60**	**60**	**13**

C	P	C	F