Mile High Muscle

Meal Guide

Recommended								
	Calories:	3,900	**Protein:**	375	**Carbs:**	410	**Fats:**	85
	Actual:	3936.5	**Actual:**	274.6	**Actual:**	46.8	**Actual:**	290
		101%		28%		5%		66%

Uncooked

Meal 1:	**Ounces:**	**Calories:**	**Protein**	**Carbs:**	**Fats:**
(Drink 1 Gallon of Water each Day)					
5 Large Eggs		350	30	0	25
6 Slices of Turkey Bacon		180	12	0	15
1 Cup Cottage Cheese		206	23	7	9
(25 B CFU Probiotic/ 1g Fish Oil / 1g CLA / 1g L-Carnitine)		0	0	0	0
	Total:	**736**	**65**	**7**	**49**
	Recommended Totals:	**682.5**	**68**	**68**	**15**

C	P	C	F

Meal 2:	**Ounces:**	**Calories:**	**Protein**	**Carbs:**	**Fats:**
8oz Chicken Breast		240	52		3
3 cups of Half & Half Salad Mix		37.5	3	4.5	0
2 tbsp Ghee Butter		240	0	0	26
(1 Multivitamin/ Milk Thistle / 1g CLA / 1g L-Carnitine)		0	0	0	0
	Total:	**517.5**	**55**	**4.5**	**29**
	Recommended Totals:	**682.5**	**68**	**68**	**15**

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
2 tbsp Ghee Butter		240	0	0	26
		0	0	0	0
(Tumeric/ 1g CLA / 1g L-Carnitine)		0	0	0	0
	Total:	**623**	**49.1**	**4.4**	**44.7**
	Recommended Calories:	**682.5**	**68**	**68**	**15**

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:	**682.5**	**68**	**68**	**15**

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
2 tbsp Ghee Butter		240	0	0	26
Optional Supplements Pre-Workout:					
(Preworkout: Ghost, Lit, or Bucked Up, Raw CBUM)					
	Total:	**838**	**42**	**3.5**	**72.3**
	Recommended Calories:	**390**	**24**	**59**	**6.5**

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
3 tbsp avocado oil		372	0	0	42
1 scoop of Ghost BCAAs					
5g of L-Glutamine					
4g of Creatine HCL					
	Total:	**592**	**44**	**6**	**44**
	Recommended Calories:	**780**	**78**	**78**	**17**

C	P	C	F