

Daily Schedule
January 3, 2012

Checklist (work)

- Bottle of milk (8 oz.)
- Bottle of whey and milk (8 oz.)
- Banana
- Apple
- Tuna
- Carrots
- 2 tbsp of creatine (week 1)
- Dinner (optional)

Food	Serving	Calories	Protein (g)	Carbs (g)	Fat (g)
------	---------	----------	-------------	-----------	---------

6:00am Wake Up

Water	8 oz.	0	0	0	0
Glutamine	5 g	0	0	0	0

6:15am Take Measurements

6:30am Breakfast

(Option 1 - Tue, Wed, Fri, Sat)

Eggs	2 eggs	112	10	2	8
Egg Beaters	¾ cup	75	15	3	0
Bread	2 slices	226	8	42	2
Pineapple	1 slice	83	1	22	0
Water	8 oz.	0	0	0	0
Vitamin	1 pill	0	0	0	0
Flax Seed Oil	1 pill	10	0	0	1

(Option 2 - Mon, Thu)

Oatmeal	⅓ cup	204	6	36	4
Yogurt	5 oz.	190	12	29	2
Nuts/Trail Mix	1 oz.	163	6	6	14
Water	8 oz.	0	0	0	0
Vitamin	1 pill	0	0	0	0
Flax Seed Oil	1 pill	10	0	0	1

8:00am Workout (Mon & Thu)**9:00am Snack 1**

Whey	1 scoop	120	23	3	1
Milk (1%)	8 oz.	102	8	12	2
Banana	1 med	105	1	27	0
Peanut Butter	2 tbsp	188	8	6	16
Water	8 oz.	0	0	0	0
Creatine (wk)	1 tbsp	0	0	0	0

12:00pm Lunch

Tuna	4 oz.	100	20	0	1
Relish	1 tbsp	20	0	5	0
Mustard	1 tbsp	9	0	1	0
Bread	2 slices	226	8	42	2
Carrots	~9 carrots	30	0	7	0
Peanut Butter	2 tbsp	188	8	6	16
Water	16 oz.	0	0	0	0

3:00 pm Snack 2

Turkey Jerky	1 oz.	69	13	4	1
Trail Mix	~24 pieces	163	6	6	14
Apple	1 med	95	0	25	0
Milk (1%)	8 oz.	102	8	12	2
Water	16 oz.	0	0	0	0
Creatine (wk)	1 tbsp	0	0	0	0

6:00 pm Dinner

(Option 1)

Mac/Quinoa	1 cup	220	8	40	4
Turkey Chili	1 cup	210	17	28	3
Water	16 oz.	0	0	0	0

(Option 2)

Red Beans					
Brown Rice					
Broccoli					
Water	16 oz.				

(Option 3)

Ground Beef					
Bread	2 slices				
Brown Rice					
Water	16 oz.				

(Option 4)

Chicken					
Brown Rice					
Lettuce					
Olive Oil					
Water	16 oz.				

9:00pm Snack 3

Whey	1 scoop	120	23	3	1
Milk (1%)	8 oz.	102	8	12	2
Bread	1 slice	113	4	21	1

Honey	1 tbsp	50	0	13	0
Creatine	1 tbsp	0	0	0	0
Glutamine	1 tbsp	0	0	0	0