

BRITTANY PERILLE



THE ULTIMATE GUIDE
**TO GREATER
GLUTES**
V²

GYM BASED PROGRAM

BY BRITTANY PERILLE

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REQUIRED EQUIPMENT

ANKLE CUFF



SHORT RESISTANCE BANDS



DUMBBELL



PLATES



SMITH MACHINE



CABLE MACHINE



BARBELL



SQUAT SPONGE



BENCH



STRETCHING



STRETCHING BEFORE **BOOTY BUILDING**

Stretching helps protect and prepare your body for a successful workout. I like to flow through a few stretching exercises before I begin my glute routine. This sequence can also be repeated anytime throughout the day to help alleviate tight glutes.

- 1) Deep Squat Static Hold / Squat to Forward Fold
- 2) Runners Lunge
- 3) Half Kneeling Hip Flexor Stretch
- 4) Hip Internal Rotation
- 5) Square Pose (Yoga)
- 6) Pigeon Pose (Yoga)
- 7) Upward Dog (Yoga)
- 8) Downward Dog (Yoga)

TRAINING SCHEDULE

HAPPY BOOTY BUILDING!

If you cannot complete each program on the exact day I have assigned, make sure you are still completing the 2-3 training sessions for that week. Do not cram 2 glute training programs into one day of training. After you have completed all 8 weeks, you should cycle through all 8 weeks continuously.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Program 1.1			Program 1.2			Program 1.1
WEEK 2		Program 1.3			Program 1.3		
WEEK 3	Program 1.1			Program 1.2			Program 1.1
WEEK 4	Program 1.2			Program 1.1			Program 1.2
WEEK 5		Program 1.3			Program 1.3		
WEEK 6	Program 1.1			Program 1.2			Program 1.1
WEEK 7	Program 1.2			Program 1.1			Program 1.2
WEEK 8		Program 1.3			Program 1.3		

KEY TERMS

Prone - Position of the body where your chest is facing down while your back is facing up.

Supine - Position of the body where your chest is facing up while your back is facing down.

ROM - Range of Motion.

Abductions - Definition in terms of this guide means to move away from an adjacent limb. For example, moving your knees away from one another.

Posterior Tilt - Dropping of the back of the pelvis and rising of the front of the Pelvis. Think of tucking your glutes under.

Anterior Tilt - Dropping of the front and rising of the back of the pelvis. Think of tilting your glutes upward.

Superset - Perform the exercise immediately following the previous exercise. You will not have a rest time

* Make sure to follow [**@brittanyperille2**](#) to view all hashtags.

PROGRAM 1.1

1ST EXERCISE

BENCH BARBELL HIP THRUST

3 SETS OF 10



#BENCHBARBELLHIPTHRUST

Place the padding onto your hips or the squat sponge around the barbell. Sit on the floor with the bench touching below your shoulder blades. Roll the bar over your legs and up onto your hips. (Rolling is only possible if you are using 45lb plates or Crossfit plates). From here, slightly posterior tilt your hips and thrust up towards the ceiling. As you thrust, your hips should never travel higher than your knees. Make sure to keep your chin down and your eyes gazing forward. Hold at the top of the thrust for 2 seconds while contracting the gluteals as hard as you can before lowering back down to the floor.

SUPERSET

BENCH BARBELL HIP THRUST ISO HOLD ABDUCTIONS

1 SET OF 15



#BENCHBARBELLHIPTHRUSTISOHOLDABDUCTIONS

With the band above your knees, sit on the floor in the same position as the bench barbell hip thrust. Slightly posteriorly tilt your hips and thrust up towards the ceiling, HOLD! Keeping this position, move the knees away from and towards one another (abduct). Your feet should be placed far enough apart to create a great enough resistance in the band.

2ND EXERCISE

BENCH SINGLE-LEG DECLINE HIP THRUST

EACH SET 3 SETS OF 8



#BENCHSINGLELEGDECLINEHIPTHRUST

Place the barbell onto your hips and attach the padding to the bar. If you are using 45lb plates or Crossfit plates, you can roll the bar onto your hips. Lie down in a glute bridge position and place one leg (calf) onto the bench. From here, thrust your hips upward while contracting the gluteal muscles. Hold at the top of the thrust for 2 seconds before lowering back down to the floor.

3RD EXERCISE

DUMBBELL FROG THRUST

3 SETS OF 8

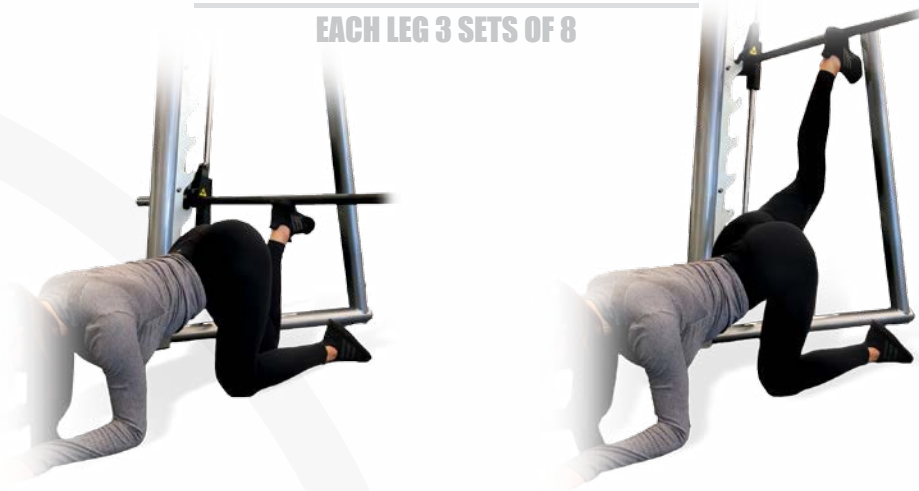


#DUMBBELLFROGTHRUST

Place the padding and dumbbell on your hips. Lie back on the floor and bring the soles of your feet together. Bring your feet into towards your glutes. Now, holding onto the dumbbell, thrust your hips up and contract the gluteals at the top of the thrust for 2 seconds before lowering. Your glutes will hover the floor during all reps. Make sure your chin stays down and your gaze is forward.

4TH EXERCISE

SMITH MACHINE QUADRUPED KICKBACK EACH LEG 3 SETS OF 8



#SMITHMACHINEQUADRUPEDKICKBACK

Lower the bar down to the floor and keep it unracked. Get onto all fours and place one flexed foot under the bar. From here, extend the hip raising the bar upwards. Make sure you are pushing hard through your heel into the bar as you raise up to keep from racking the bar in the middle of the movement. Your hips should be level with the floor and your core strongly engaged. Hold at the top of the lift for 2 seconds before lowering back down to the floor for another repetition.

SUPERSET

BANDED FIRE HYDRANT EACH LEG 1 SET OF 10



#BANDEDFIREHYDRANT

Place the band directly above your knees and get onto all fours. Keeping one knee stationary, move the opposite knee away from the stationary one creating an abduction. Hold at the top of the abduction for 2 seconds before returning the knee back down.

5TH EXERCISE

CABLE SIDE LYING CIRCLE KICKS

EACH LEG 3 SETS OF 8



#CABLESIDELYINGCIRCLEKICKS

Attach the ankle cuff to one ankle. For this description, I am going to start with the right ankle. Lie down on your left side with your knees bent. From here, extend the cuffed leg forward and move it in a half circular motion. Imagine you are peddling a bike and moving your leg forward and around towards your back. Once this leg comes into full extension, bend your knee in towards your chest and begin the second repetition. You can also think of this movement as “scooping” with your heel. Make sure to perform this exercise on both legs.

SUPERSET

CABLE SIDE LYING KICKS

EACH LEG 1 SET OF 12



#CABLESIDELYINGKICKS

Keeping the ankle cuff attached, stay lying on your side as the previous exercise. With both knees bent, kick the top leg up at a 45 degree angle from the floor and then return this knee to a bent position to complete one repetition.

PROGRAM 1.2

1ST EXERCISE

FLOOR BARBELL BRIDGE

3 SETS OF 10



#FLOORBARBELLBRIDGE

Place the padding onto your hips or the squat sponge around the barbell. Roll the bar over your legs and up onto your hip flexors. Lie on the floor and bend your knees. Now, holding onto the barbell, thrust your hips up and imagine you are pushing the floor away from you through your heels. Imagining this will help you properly engage the gluteal muscles. At the top of the thrust, hold the contraction for 2 seconds before lowering down. Your knees should never track beyond your toes as you thrust.

2ND EXERCISE

FLOOR BARBELL FROG THRUST

3 SETS OF 8



#FLOORBARBELLFROGTHRUST

Place the barbell onto your hips. You can roll the bar if you are using 45lb plates or Crossfit plates. Lie back onto the floor and place the soles of your feet together. Make sure to bring your feet close to your glutes. Keeping your chin tucked and your gaze forward, thrust your hips up while contracting your gluteals. Hold this contraction at the top of the thrust for 2 seconds before lowering down towards the floor. Your glutes will hover over the floor for all repetitions. Try your best to not allow your glutes to touch the floor until your last repetition.

3rd EXERCISE

BENCH SINGLE-LEG DUMBBELL HIP THRUST

3 SETS OF 8



#BENCHSINGLELEGDUMBBELLHIPTHRUST

Sit on the floor with the bench hitting just below your shoulder blades. This description will begin with the right side. Place the dumbbell onto your right hip and bend your knees. Keeping your left foot planted into the ground, thrust both hips up towards the ceiling. As you thrust, your right leg will stay frozen in the same bent position it was in starting from the floor. Hold at the top of the thrust for 2 seconds before lowering back down towards the floor.

SUPERSET

FEET TOGETHER DUMBBELL HIP THRUST

3 SETS OF 8



#FEETTOGETHERDUMBBELLHIPTHRUST

Using this same dumbbell or heavier, place it onto your hips and lie back onto the floor in a glute bridge position. Move your legs together so your knees are touching. Focus on squeezing your thighs together as you thrust your hips up.

4TH EXERCISE

SMITH MACHINE EXTENDED SINGLE-LEG THRUST

3 SETS OF 8



#SMITHMACHINEEXTENDED SINGLELEGTHRUST

Latch the bar just below hip level. Lie supine on the floor with your hips in alignment with the bar above. Get into a floor glute bridge position and extend one leg vertically with your foot touching the bar (This leg will stay extended throughout the entire movement). Make sure the bar is resting on the arch of your foot. Now, use this foot to carefully unlatch the bar. Slightly posterior tilt your hips and thrust upwards. As you thrust, you should be contracting your gluteal muscles. Hold at the top of the thrust for 2 seconds before lowering back down to begin the second repetition.

5TH EXERCISE

CABLE ABDUCTION LEG LIFTS

3 SETS OF 8



#CABLEABDUCTIONLEGLIFTS

Attach the ankle cuff to one ankle and the machine. Turn away from the machine so your shoulder, (that does not have the ankle cuff attached), is parallel to the machine. Make sure the cable is running behind you, not in front of you. Holding onto the machine, lift the ankle cuffed leg laterally as you contract the gluteal muscles. At the top of the lift, hold for 1-2 seconds before lowering your leg back down.

6TH EXERCISE

CABLE FIRE HYDRANTS

3 SETS OF 8



#CABLEFIREHYDRANTS

Strap the ankle cuff directly below your knee before coming onto all fours. Your leg that is not ankle cuffed will be closest to the machine. Position yourself so your knees are in alignment at the base of the cable machine. The cable should be running along the back of your legs. From here, aim to lift up to a 90-degree angle. How high you are able to lift your leg will depend on the amount of weight you are using. Hold at the top of the abduction for 2 seconds before lowering back down to begin the second repetition.

PROGRAM 1.3

*When performing single leg exercises, be sure to switch sides after each set. Do not complete all sets continuously on one side.

1ST EXERCISE

BRITTANY'S "SUICIDE" BARBELL HIP THRUST

3 SETS OF 8



#BRITTANYSSUICIDEBARBELLHIPTHRUST

Sit on the floor with your legs extended. Roll the padded bar over your legs and up onto your hips. Place your hands on the floor and bend your knees to a point where they will not track beyond your toes as you thrust. Now, brace your core and thrust your hips up towards the ceiling. Hold at the top of the thrust for 2 seconds while holding the gluteal contraction. Be sure to not anterior tilt your hips at the top of the thrust. Your chin should stay down and your gaze should be forward. You also have the option to perform this exercise with a band above your knee.

2ND EXERCISE

BENCH BARBELL HIP THRUST

3 SETS OF 8



#BENCHBARBELLHIPTHRUST

Place the padding onto your hips or the squat sponge around the barbell. Sit on the floor with the bench touching below your shoulder blades. Roll the bar over your legs and up onto your hips. (Rolling is only possible if you are using 45lb plates or Crossfit plates). From here, slightly posterior tilt your hips and thrust up towards the ceiling. As you thrust, your hips should never travel higher than your knees. Make sure to keep your chin down and your eyes gazing forward. Hold at the top of the thrust for 2 seconds while contracting the gluteals as hard as you can before lowering back down to the floor.

3RD EXERCISE

BENCH AND STEP SINGLE-LEG HIP THRUST EACH LEG 3 SET OF 10



#BENCHANDSTEPSSINGLELEGHIPTHRUST

Use a bench and step (with three risers under). Sit on the floor with your back touching the bench and the step in front of you. Place one foot on the step while the other leg is off to the side of the step. The leg that is not on the step will remain straight throughout the entire movement. Now, thrust your hips up towards the ceiling while contracting the gluteals of the leg that is on the step. Hold at the top of the thrust for 2 seconds before lowering back to starting position.

SUPERSET

SEATED BENCH BANDED ABDUCTIONS EACH LEG 3 SET OF 10



#SEATEDBENCHBANDEDABDUCTIONS

Place the band directly above or below your knee. Sit on the bench with one hip towards the edge. Grab both sides of the bench and allow your torso to lean slightly forward. While keeping your bottom leg bent and stationary, abduct the top knee away from the bottom. Hold at the top of the lift for 2 seconds while contracting the gluteal muscles before lowering back down for another repetition.

4TH EXERCISE

CABLE KICKBACK EACH LEG 3 SETS OF 8



#CABLEKICKBACK

Attach the ankle cuff or boot strap to your foot and the machine. Step back away from the machine to create space for your chest to lean forward. While holding onto the machine, kick backwards up to a height that allows you to feel the gluteal contraction without feeling a strain in your lower back (parallel or a little above is okay). If you can't feel a strong contraction while kicking straight back, try kicking slightly away from the opposite glute. Many times this angle of extending the leg helps with a greater gluteal engagement.

SUPERSET

CABLE SMALL CIRCLE KICKS EACH LEG 2 SETS



#CABLESMALLCIRCLEKICKS

Attach the ankle cuff to your ankle and the machine. Hinging at the hips, lower your chest down to just above parallel with the floor. From here, fully extend the cuffed leg and keep it extended for all repetitions. Next, move this leg in small circles. You will be moving clockwise for 8 repetitions and then immediately into counter-clockwise for 8 repetitions before switching legs. This is considered one working set.

5TH EXERCISE

CABLE GLUTE PULL-THROUGH

3 SETS OF 10



#CABLEGLUTEPULLTHROUGH

Grab a handle bar or rope and attach to the cable machine. Step over the cable line so your back is facing the pulley and the handle/rope is between your legs. Walk forward away from the machine to create space for your chest to lower. With a slight bend in your knees and hinging from your hips, lower your chest down to parallel with the floor. As you lower your chest down, focus on tilting your tailbone up towards the ceiling.

Now, raise your chest up and posteriorly tilt your hips (tipping in opposite direction). As you raise back up, focus on “tucking your butt under” as hard as you can. This will cause the greatest gluteal contraction. Hold the contraction for 2 seconds before beginning the next repetition.

SUPERSET

CABLE SQUAT THRUST

1 SET OF 15



#CABLESQUATTHRUST

From the same set up as the glute pull-throughs, step forward away from the pulley to create space for squatting. Now, while holding onto the handle/rope, squat down to parallel and then back up to standing. As you squat down, your hips will slightly anterior tilt and your chest will lean forward. Hold at the bottom of the squat for 2 seconds before coming back up. Imagine you are trying to launch yourself up and forward from the squat as hard as you can.

6TH EXERCISE

CABLE STANDING FOOT EXTERNAL ROTATIONS

EACH LEG 2 SETS OF 15



#CABLESTANDINGFOOTEXTERNALROTATIONS

Slide your foot through the ankle cuff and place on the ball of your foot. Next, attach the cuff to the pulley and step backwards (away from the machine). Your legs should be staggered. Now, flex the ankle cuffed foot while externally rotating it. Your foot will be moving in the direction away from the pulley. Your heel should be firmly planted throughout the entire ROM. As you rotate, focus on using your gluteal muscles to create the movement. If you are unable to feel the gluteal contraction, check to see if the heel of your cuffed foot is planted firmly into the floor as you rotate.

OPTIONAL CARDIO

You don't necessarily HAVE to do cardio in order to better develop your gluteal muscles. However, if you are trying to lose fat while gaining muscle, I suggest adding cardio to your workout regime.

MAX HEART RATE: Subtract your age from 220 to find your max heart rate, then multiply by the %. (.40-.80) will give you your Target Heart Rate.

Example: $220 - (30\text{yrs old}) = 190$ then, 190 multiplied by the below listed percentages.

HOW TO TAKE YOUR PULSE

- Use your phone stopwatch or wrist watch
- Place two fingers into the soft groove on either side of the windpipe (neck)
- While looking at the clock for 30 seconds and touching your neck, count the number of beats felt
- Multiply this number by 2 and you will get your heart rate

WEEK 1-2

Choose 4 days out of the week and perform 20 minutes of Moderate Intensity Steady State (MISS) cardio. This should be performed at 50-75% of your max heart rate.

WEEK 3-5

Choose 3-4 days out of the week and perform 15-20 minutes of High Intensity Interval Training (HIIT) cardio. This should be performed at 80% of your max heart rate. Examples: Cycling on the bike, sprints, stair master, elliptical etc. You will be performing any of these exercises as fast as you can for 30 seconds and then backing off the intensity to catch your breath for 45 seconds to 1 minute. Repeat this cycle until the 15-20 minutes is up!

WEEK 6-8

Choose 4 days out of the week and perform 15-20 minutes of High Intensity Interval Training (HIIT). This should be performed at 80% of your max heart rate. Examples: Cycling on the bike, sprints, stair master, elliptical etc. You will be performing any of these exercises as fast as you can for 1 minute and then backing off the intensity to catch your breath for 45 seconds to 1 minute. Repeat this cycle until the 15-20 minutes is up!

MY FAVORITE HIIT EXERCISES:

If you don't want to use a cardio machine, you can perform any of these exercises at your target heart rate for 30 seconds to 60 seconds and then rest for 45 seconds to 60 seconds. Repeat a circuit of these chosen exercises for the suggested amount of time for each week. You can find the suggested amount of time on the cardio page.

- Jump Squats
- Jump Lunges
- Ice Skaters
- Burpees
- Step Up Jumps
- Speed Steps
- Box Jumps
- Speed Ladder
- High Knees

CALORIES



A calorie is the measure of the amount of energy that foods will produce. Calories also refer to the amount of energy used in physical activity. For instance, a piece of chicken breast may contain 120 calories while a sprint session may burn up 200 calories. A pound of fat equals 3,500 calories. In order to engage in fat loss, you need to be in a calorie deficit. A calorie deficit is when you burn more calories than you consume. For example, if you burn 3,000 calories per day while only eating 2,500 calories, you are in a calorie deficit of 500. At this rate, you will lose around a pound of fat a week. Make sure to take into consideration that normal life activities burn calories outside of the gym.

Maintenance should only concern you if you are happy with where your body is at. The goal of maintenance shouldn't be to not change at all. You still should be striving to get stronger every month. People that are interested in significantly increasing muscle gains engage in a calorie surplus. This is known as bulking. You should not bulk if you have a higher body fat percentage. You should cut a significant amount of fat before even considering bulking. Bulking is generally followed by a period of cutting (calorie deficit).

MEAL PLANNING



I personally follow a customized meal plan from my sponsor Legion Athletics. Creating a perfect meal plan is not always an easy thing to do. They were able to assist me by measuring my physical activity to get a more precise plan. They also were able to add in my favorite foods. You can purchase your very own customized meal plan on their website, www.muscleforlife.com. If you choose to try to create your own, here is a good starting point Legion recommends for cutting, bulking and maintaining.

Cutting (calorie deficit)

- 1.2 grams of protein per pound of body weight per day
- 1 gram of carbohydrates per pound of body weight per day
- 1 gram of healthy fats per 5 pounds of body weight per day

Bulking (calorie surplus)

- 1 gram of protein per pound of body weight per day
- 2 grams of carbs per pound of body weight per day
- 1 gram of healthy fats per 3 pounds of body weight per day.

Maintenance

- 1 gram of protein per pound of body weight per day
- 1.5 grams of carbs per pound of body weight per day
- 1 gram of healthy fats per 4 pounds of body weight per day.

* Carbs and Proteins have 4 calories per gram. Fat has 9 calories per gram.

*Your calories will be determined by your macronutrients calculations.

For EXAMPLE, A 150lb woman trying to cut will have to consume:

180 grams of protein (150 x 1.2)

150 grams of carbohydrates (150 x 1)

30 grams of fat (150 x 0.2)

The calculations you generate result in a specific amount of calories.

Here are the calorie calculations using the figures from above:

Protein (180 x 4 calories) = 720 calories

Carbohydrates (150 x 4) = 600 calories

Fat (30 x 9) = 270 calories

The total gives you your target daily calorie intake of **1590 calories**.

* You can find nutrition facts for almost all foods at www.calorieking.com.

MYFITNESSPAL APP

MyFitnessPal App is a great tool to calculate your macronutrients. The app allows you to enter the food you eat throughout the day to generate the number of calories, fat, protein, etc. you consume in a day. This will give you knowledge on whether you have met your suggested caloric intake and macronutrient needs for the day or still have some lacking areas such as protein which require more consumption. This is fantastic for those that enjoy eating a variety of different foods each day or are always on the go and have difficulty preparing or storing their meals. For those fortunate enough to have the ability to prepare their meals beforehand and/or don't mind eating the same meals every day, the application can be used to create pre-calculated meal plan(s). With your recommended caloric intake and macronutrients in mind, you can play around with the app to create your meals and snacks for the whole day. As you can see in my sample meal plans, I generally eat 2 to 3 meals that contain a type of protein (chicken, beef, fish), carb (potato, rice, etc.) and vegetable (broccoli, peppers, etc.). I will also add 2 to 3 snacks that are generally high in protein such as a protein shake or Greek yogurt. You will find a pre-calculated meal plan is much easier to follow than an on-the-go approach to dieting in regards of keeping up with your daily caloric intake and macronutrients. Those with the on-the-go approach sometimes struggle with overeating during the day and starving at night or not eating enough during the day and having to overeat at night. Both approaches have their benefits and downfalls. Try both to find what works best for you. The best approach will be the one you know will allow you to stay on a diet.

CHEAT MEALS

Cheat meals satisfy your weekly cravings while also assisting in muscle preservation and strength maintenance. Studies have even shown overfeeding can boost your metabolic rate. Carbohydrates and protein are typically the extra macronutrients you would want in your cheat meal. However, you should not be afraid if your cheat meal also contains fat. Do not go overboard. You should not consume over 2,500 calories of sugar infested desserts. Consume foods that are full of carbohydrates and protein. You deserved it. Cheat meals will replace one of your daily meals (breakfast, lunch, or dinner). The rest of your meal plan should be followed as usual. Do not make it into a cheat day. The number of cheat meals you have in a week will depend on your goals. If you are cutting or maintaining, you should give yourself one cheat meal a week while those bulking can have between two to three cheat meals a week.

POST WORKOUT MEALS

It is crucial to consume protein immediately after your workout. The optimal window for consumption is within 30 minutes after your lift. I have found protein shakes to be my favorite because of its convenience. Depending on my goals, I will put 1 or 2 scoops of Legion Whey+ protein into my shaker bottle and bring it with me to the gym. After I have completed my workout, I will pour my water bottle into my shaker and drink my protein shake as I am walking out of the gym. This is a great way to stay on track.

ALL ITEMS SHOULD BE MEASURED RAW UNLESS INDICATED OTHERWISE

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	PRE WORKOUT	1 scoop whey (recommend Legion Whey+)	100	22	3	0
		1 cup almond milk (unsweetened)	30	1	1	2.5
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
	TOTAL	MEAL 1	135	23	9	2.5



WORKOUT

2	POST WORKOUT BREAKFAST	1 scoop whey (recommend Legion Whey+)	100	22	3	0
		1 cup 2% organic milk	130	9	12	5
		1/4 cup old fashioned oats	75	2.5	13.5	1.5
		1 cup mixed berries	80	1	17	0.5
		Recommended: Legion Recharge	0	0	0	0
		Recommended: Legion Triumph Multivitamin	0	0	0	0
	TOTAL	MEAL 2	385	34.5	45.5	7

3	LUNCH	4 ounces chicken breast, trimmed of fat OR 4 ounces turkey breast OR 4.5 ounces shrimp OR 5 ounces tilapia	120	26	0	1.5
		salad (2-3 cups spinach or romaine, 1/2 cucumber, 1/2 medium tomato)	48	2.5	8	0.4
		3 tablespoons balsamic vinegar	30	0	6	0
		3/4 ounce Feta cheese for salad	56	3	0.9	4.5
		dry seasonings (if desired)	0	0	0	0
		3/4 ounce milk chocolate	112	1.5	12.8	6.4
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL 3	366	33	27.7	12.8

4	DINNER	4 ounces chicken breast, trimmed of fat OR 4 ounces turkey breast OR 4.5 ounces shrimp OR 5 ounces tilapia	120	26	0	1.5
		6 ounces sweet potato OR 6.5 ounces white potato	147	2.6	34.3	0.1
		6 ounces vegetables (broccoli, cauliflower, squash, string beans, carrots, asparagus, bell pepper)	58	4.8	11.2	0.6
		1/2 tablespoon butter	51	0	0	5.8
		dry seasonings, cinnamon for potato (if desired)	4	0	1	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL 4	380	33.4	46.5	8

5	SNACK	8 ounces 0% Greek yogurt	133	24	9.3	0
		1/2 cup strawberries OR 1/4 cup blueberries	25	0.5	5.9	0.3
		cinnamon, stevia (if desired)	4	0	1	0
	TOTAL	MEAL 5	162	24.5	16.2	0.3

Here are a couple **EXAMPLE/SAMPLE** meal plans. These meal plans are solely for demonstrative purposes. If you would like to purchase a meal plan customized to your specific needs and goals please visit www.muscleforlife.com.

TOTALS	1428	148.4	144.9	30.6
TARGET	1458	145.8	145.8	32.4



I 40-I 60LB FEMALE MEAL PLAN-CUTTING

ALL ITEMS SHOULD BE MEASURED RAW UNLESS INDICATED OTHERWISE

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	2 egg whites	32	7.7	0.4	0.2
		2 whole eggs	144	12.6	0.8	10
		1 slice whole grain bread	80	4	14	0.1
		1/2 tablespoon butter	51	0	0	5.8
		Recommended: Legion Recharge	0	0	0	0
		Recommended: Legion Triumph Multivitamin	0	0	0	0
	TOTAL	MEAL 1	307	24.3	15.2	16.1
2	LUNCH	2 slices whole grain bread	160	8	28	0.2
		4 ounces sliced chicken breast OR turkey breast OR Black Forest Ham	121	26.3	0	1.5
		lettuce, tomato, mustard, hot sauce (if desired)	10	0	2.5	0
		1 tablespoon light mayo	35	0	1	3.5
		salad (2-3 cups spinach or romaine, 1/2 cucumber, 1/2 medium tomato)	48	2.5	9	0.4
		3 tablespoons balsamic vinegar	30	0	6	0
	TOTAL	MEAL 2	404	36.8	46.5	5.6
3	PRE WORKOUT SHAKE	1 scoop whey (recommend Legion Whey+)	100	22	3	0
		1 cup almond milk (unsweetened)	30	1	1	2.5
		1 medium orange, eaten on side	62	1.2	15.4	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
	TOTAL	MEAL 3	197	24.2	24.4	2.5



WORKOUT

4	POST WORKOUT DINNER	5 ounces chicken breast, trimmed of fat OR 5 ounces turkey breast OR 5.5 ounces shrimp OR 6 ounces tilapia	150	32.5	0	1.9
		3/4 cup (cooked) brown rice	150	3	32	1
		6 ounces vegetables (broccoli, cauliflower, squash, string beans, carrots, asparagus, bell pepper)	58	4.8	11.2	0.6
		dry seasonings, lemon juice, cilantro, 1 tablespoon ketchup or BBQ (if desired)	30	0	7	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL 4	388	40.3	50.2	3.5
5	SNACK	5 ounces 2% cottage cheese	128	19.4	5.1	2.8
		1/2 cup strawberries OR 1/4 cup blueberries	22	0	5.4	0
	TOTAL	MEAL 5	150	19.4	10.5	2.8

Here are a couple **EXAMPLE/SAMPLE** meal plans. These meal plans are solely for demonstrative purposes. If you would like to purchase a meal plan customized to your specific needs and goals please visit www.muscleforlife.com.

TOTALS	1446	145	146.8	30.5
TARGET	1458	145.8	145.8	32.4

140-160LB FEMALE MEAL PLAN-CUTTING

ALL ITEMS SHOULD BE MEASURED RAW UNLESS INDICATED OTHERWISE

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	PRE WORKOUT SNACK	8 ounces 0% Greek yogurt	133	24	9.3	0
		1/2 cup strawberries OR 1/4 cup blueberries OR 1/2 tablespoon honey	25	0.5	5.9	0.3
		cinnamon, stevia (if desired)	4	0	1	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
	TOTAL	MEAL 1	167	24.5	21.2	0.3



WORKOUT

2	POST WORKOUT BREAKFAST	3 egg whites	51	10.8	0.6	0.3
		1 whole egg	72	6.3	0.4	4.8
		1/2 cup (measured dry) old fashioned oats	150	5	27	3
		1 small banana (can be sliced for oats)	78	0.4	20.5	0.2
		cinnamon, stevia, nutmeg, vanilla extract (if desired)	10	0	1.3	0
		Recommended: Legion Recharge	0	0	0	0
		Recommended: 1/2 serving Legion Triton	22	0	0	2
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL 2	383	22.5	49.8	10.3

3	LUNCH	7 ounces Atlantic cod OR 6 ounces haddock OR 6 ounces Mahi Mahi	150	32.5	0	1.9
		3/4 cup (cooked) brown rice OR 3/4 cup (cooked) quinoa	147	2.6	34.3	0.1
		6 ounces vegetables (broccoli, asparagus, string beans)	58	4.8	11.2	0.6
		1/2 tablespoon butter	51	0	0	5.8
		dry seasonings (if desired)	4	0	1	0
	TOTAL	MEAL 3	410	39.9	46.5	8.4

4	DINNER	5 ounces chicken breast, trimmed of fat OR 5 ounces turkey breast	150	32.5	0	1.9
		salad (2-3 cups spinach or romaine, 1/2 carrot, 1/2 cucumber, 1/2 medium tomato)	62	2.9	11	0.5
		3 tablespoons balsamic vinegar	30	0	6	0
		1 teaspoon olive oil (for salad or for cooking)	36	0	0	4.2
		dry seasonings, lemon juice (if desired)	4	0	1	0
		Recommended: 1/2 serving Legion Triton	23	0	0	2
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL 4	305	35.4	18	8.6

5	PRE BED SNACK	5 ounces 2% cottage cheese	128	19.5	5.1	2.7
		3/4 cup pineapple	62	0.7	16.2	0.2
	TOTAL	MEAL 5	190	20.2	21.3	2.9

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TOTALS	1455	142.5	156.8	30.5
TARGET	1458	145.8	145.8	32.4

140-160LB FEMALE MEAL PLAN-CUTTING

ALL ITEMS SHOULD BE MEASURED RAW UNLESS INDICATED OTHERWISE

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	2 egg whites	32	7.7	0.4	0.2
		2 whole eggs	144	12.6	0.8	10
		1 slice whole grain bread	80	4	14	0.1
		1/2 tablespoon jam	22	0	5.5	0
		Recommended: 1/2 serving Legion Triton	22	0	0	2
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
	TOTAL	MEAL 1	300	24.3	20.7	12.3
2	LUNCH	5 ounces tilapia OR 4 ounces tuna (use tuna only 2-3x per week)	120	26	0	1.5
		salad (2-3 cups spinach or romaine, 1/2 carrot, 1/2 cucumber, 1/2 medium tomato)	62	2.9	11	0.5
		3 tablespoons balsamic vinegar OR 2 tablespoons Bolthouse Farms (any flavor)	45	1	3	3
		lemon juice, dry seasonings (if desired)	4	0	1	0
	TOTAL	MEAL 2	231	29.9	15	5
3	PRE WORKOUT (BEFORE WHENEVER YOU WORKOUT)	8 ounces 0% Greek yogurt	133	24	9.3	0
		1 medium banana OR apple OR pear	105	1.3	27	0.4
		cinnamon, stevia (if desired)	4	0	1	0
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL 3	247	25.3	42.3	0.4
<div><div></div><div>WORKOUT</div></div>						
4	POST WORKOUT (AFTER WHENEVER YOU WORKOUT)	7 ounces 2% cottage cheese	179	27.1	7.2	3.9
		1/2 cup strawberries OR 1/4 cup blueberries	22	0	5.4	0
		stevia (if desired)	0	0	0	0
		Recommended: Legion Recharge	0	0	0	0
	TOTAL	MEAL 4	201	27.1	12.6	3.9
5	DINNER	5 ounces 95% lean ground beef OR 5 ounces pork tenderloin, trimmed of fat	190	32	0	5.5
		7 ounces sweet potato OR 8 ounces white potato	171	3.1	40	0.2
		6 ounces vegetables (carrots, onions, tomatoes)	58	4.8	11.2	0.6
		1 teaspoon butter OR 1 tablespoon sour cream	34	0	0	3.8
		dry seasonings, cinnamon for potato (if desired)	4	0	1	0
		Recommended: 1/2 serving Legion Triton	23	0	0	2
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
	TOTAL	MEAL 5	480	39.9	52.2	12.1

Here are a couple **EXAMPLE/SAMPLE** meal plans. These meal plans are solely for demonstrative purposes. If you would like to purchase a meal plan customized to your specific needs and goals please visit www.muscleforlife.com.

TOTALS	1459	146.5	142.8	33.7
TARGET	1458	145.8	145.8	32.4

140-160LB FEMALE MEAL PLAN-CUTTING

ALL ITEMS SHOULD BE MEASURED RAW UNLESS INDICATED OTHERWISE

MEAL	FOOD	CALORIES	PROTEIN	CARBS	FAT	
1	BREAKFAST	2 egg whites	32	7.7	0.4	0.2
		1 whole egg	72	6.3	0.4	4.8
		1/2 cup (measured dry) old fashioned oats	150	5	27	3
		1/2 cup strawberries OR 1/4 cup blueberries	25	0.5	5.9	0.3
		cinnamon, stevia, nutmeg, vanilla extract (if desired)	10	0	1.3	0
		Recommended: 1/2 serving Legion Triton	22	0	0	2
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
	TOTAL	MEAL 1	311	19.5	35	10.3
2	SNACK	1 scoop whey in water (recommend Legion Whey+)	100	22	3	0
	TOTAL	MEAL 2	100	22	3	0
3	LUNCH (4-5 HOURS BEFORE WORKOUT)	5 ounces chicken breast, trimmed of fat OR 5 ounces turkey breast	150	32.5	0	1.9
		1 whole wheat tortilla	130	4	22	3
		1/2 cup (cooked) black beans	114	7.6	20.4	0.5
		2 teaspoons butter OR 2 tablespoons sour cream	68	0	0	7.7
		lettuce, tomato, hot sauce, mustard, lemon juice, cilantro, dry seasonings (if desired)	10	0	3	0
	TOTAL	MEAL 3	472	44.1	45.4	13.1
4	PRE WORKOUT	Required: Legion Forge OR 10g BCAAs	0	0	0	0
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
	TOTAL	MEAL 4	5	0	5	0
🏋️‍♀️ WORKOUT						
5	POST WORKOUT DINNER	8 ounces chicken breast, trimmed of fat OR 8 ounces turkey breast	240	52	0	3
		6 ounces sweet potato OR 7 ounces white potato	147	2.6	34.3	0.1
		6 ounces vegetables (string beans, carrots, onions)	58	4.8	11.2	0.6
		dry seasonings, cinnamon for potato (if desired)	4	0	1	0
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
		Recommended: 1/2 serving Legion Triton	23	0	0	2
		Recommended: Legion Recharge	0	0	0	0
	Recommended: 1/2 serving Legion Phoenix	0	0	0	0	
TOTAL	MEAL 5	472	59.4	46.5	5.7	
6	DESSERT	3/4 ounce dark chocolate	93	1	13	6.2
	TOTAL	MEAL 6	93	1	13	6.2

Here are a couple **EXAMPLE/SAMPLE** meal plans. These meal plans are solely for demonstrative purposes. If you would like to purchase a meal plan customized to your specific needs and goals please visit www.muscleforlife.com.

TOTALS	1453	146	147.9	35.3
TARGET	1458	145.8	145.8	32.4

I40-I60LB FEMALE MEAL PLAN-MAINTENCE

ALL ITEMS SHOULD BE MEASURED RAW UNLESS INDICATED OTHERWISE

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	2 egg whites	32	7.7	0.4	0.2
		2 whole eggs	144	12.6	0.8	10
		1/2 cup (measured dry) old fashioned oats	150	5	27	3
		1 cup strawberries OR 1/2 cup blueberries	53	1.1	12.7	0.5
		cinnamon, stevia, nutmeg, vanilla extract (if desired)	10	0	1.3	0
		Recommended: 1/2 serving Legion Triton	22	0	0	2
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
	TOTAL	MEAL 1	411	26.4	42.2	15.7

2	LUNCH	1 serving Pesto Pasta Chicken from The Shredded Chef	412	31	38	17
		lemon juice, cilantro, dry seasonings (if desired)	4	0	1	0
	TOTAL	MEAL 2	416	31	39	17

3	PRE WORKOUT SHAKE	2 scoops whey (recommend Legion Whey+)	200	44	6	0
		1 cup rice milk	127	1.1	26.4	2.1
		1 medium banana OR apple OR pear	105	1.3	27	0.4
		10 almonds OR peanuts	70	2.5	2.5	6
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
	TOTAL	MEAL 3	507	48.9	66.9	8.5



WORKOUT

4	POST WORKOUT DINNER	6 ounces chicken breast, trimmed of fat OR 6 ounces turkey breast OR 6.5 ounces shrimp OR 7 ounces tilapia OR 7 ounces Atlantic cod OR 6 ounces haddock OR 6 ounces Mahi Mahi	180	39	0	2.3
		12 ounces sweet potato OR 13 ounces white potato OR 1.5 cups (cooked) brown rice OR 1.5 cups (cooked) quinoa	293	5.2	68.6	0.3
		4 ounces vegetables (broccoli, cauliflower, asparagus, bell pepper, string beans, carrots, onions, mushrooms, spinach, tomatoes, Brussels sprouts, cabbage, zucchini, squash)	39	3.2	7.5	0.4
		dry seasonings, cinnamon for potato (if desired)	4	0	1	0
		Recommended: 1/2 serving Legion Triton	23	0	0	2
		Recommended: Legion Recharge	0	0	0	0
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
	TOTAL	MEAL 4	539	47.4	77.1	5

5	DESSERT	1 serving Peach Cobbler from The Shredded Chef	161	12	28	1
	TOTAL	MEAL 5	161	12	28	1

Here are a couple **EXAMPLE/SAMPLE** meal plans. These meal plans are solely for demonstrative purposes. If you would like to purchase a meal plan customized to your specific needs and goals please visit www.muscleforlife.com.

TOTALS	2034	165.7	253.2	47.2
TARGET	2037	160	247.4	45.3

ALL ITEMS SHOULD BE MEASURED RAW UNLESS INDICATED OTHERWISE

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	1 scoop whey (recommend Legion Whey+)	100	22	3	0
		1 cup almond milk (unsweetened)	30	1	1	2.5
		1 medium banana OR apple OR pear	105	1.3	27	0.4
		1 cup mixed berries	80	1	17	0.5
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
		Recommended: 1/2 serving Legion Triton	22	0	0	2
	TOTAL	MEAL 1	337	25.3	48	5.4

2	LUNCH	5 ounces chicken breast, trimmed of fat OR 5 ounces turkey breast OR 5.5 ounces shrimp OR 6 ounces tilapia OR 7 ounces Atlantic cod OR 6 ounces haddock OR 6 ounces Mahi Mahi OR 6 ounces Pacific salmon OR 5 ounces sirloin, trimmed of fat OR 5 ounces 95% lean ground beef OR 5 ounces pork tenderloin, trimmed of fat (take out olive oil if using salmon, sirloin, beef or pork)	150	32.5	0	1.9
		1 cup (cooked) black beans OR lentils	227	15.2	40.8	0.9
		6 ounces vegetables (broccoli, cauliflower, asparagus, bell pepper, string beans, carrots, onions, mushrooms, spinach, tomatoes, Brussels sprouts, cabbage, zucchini, squash)	58	4.8	11.2	0.6
		1/2 tablespoon olive oil (for food or for cooking)	60	0	0	7
		dry seasonings, cinnamon for potato (if desired)	4	0	1	0
	TOTAL	MEAL 2	499	52.5	53	10.4

3	PRE WORKOUT SNACK	2 slices whole grain bread	160	8	28	0.2
		4 ounces sliced chicken breast OR turkey breast OR Black Forest Ham OR tuna (use tuna only 2-3x per week)	121	26.3	0	1.5
		lettuce, tomato, mustard, hot sauce (if desired)	10	0	2.5	0
		1 tablespoon light mayo	35	0	1	3.5
		1 medium orange (130g)	62	1.2	15.4	0.2
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
	TOTAL	MEAL 3	393	35.5	51.9	5.4



WORKOUT

4	POST WORKOUT DINNER	4 ounces chicken breast, trimmed of fat OR 4 ounces turkey breast OR 4.5 ounces shrimp	120	26	0	1.5
		2 cups (cooked) spaghetti	440	16.2	85.6	2.6
		1/2 cup tomato pasta sauce	45	2	8	0.5
		2 tablespoons Parmesan cheese	60	6	0	4.5
		1 tablespoon olive oil (for food or for cooking)	120	0	0	14
		dry seasonings (if desired)	0	0	0	0
		Recommended: Legion Recharge	0	0	0	0
		Recommended: 1/2 serving Legion Triton	23	0	0	2
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
	TOTAL	MEAL 4	808	50.2	93.6	25.1

Here are a couple **EXAMPLE/SAMPLE** meal plans. These meal plans are solely for demonstrative purposes. If you would like to purchase a meal plan customized to your specific needs and goals please visit www.muscleforlife.com.

TOTALS	2037	163.5	246.5	46.3
TARGET	2037	160	247.4	45.3

ALL ITEMS SHOULD BE MEASURED RAW UNLESS INDICATED OTHERWISE

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	PRE WORKOUT SNACK	7 ounces 0% Greek yogurt	116	21	8.1	0
		1/2 cup strawberries OR 1/4 cup blueberries OR 1/2 tablespoon honey	25	0.5	5.9	0.3
		cinnamon, stevia (if desired)	4	0	1	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
	TOTAL	MEAL 1	150	21.5	20	0.3



WORKOUT


2	POST WORKOUT BREAKFAST	3 egg whites	51	10.8	0.6	0.3
		1 whole egg	72	6.3	0.4	4.8
		1/2 cup (measured dry) old fashioned oats	150	5	27	3
		1 medium banana (can be sliced for oats)	105	1.3	27	0.4
		cinnamon, stevia, nutmeg, vanilla extract (if desired)	10	0	1.3	0
		Recommended: Legion Recharge	0	0	0	0
		Recommended: 1/2 serving Legion Triton	22	0	0	2
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL 2	410	23.4	56.3	10.5
3	LUNCH	9 ounces Atlantic cod OR 8 ounces haddock OR 8 ounces Mahi Mahi	210	45.5	0	2.6
		3/4 cup (cooked) brown rice OR 3/4 cup (cooked) quinoa	147	2.6	34.3	0.1
		3 ounces vegetables (broccoli, asparagus, string beans)	29	2.4	5.6	0.3
		1/2 tablespoon butter	51	0	0	5.8
		dry seasonings (if desired)	4	0	1	0
	TOTAL	MEAL 3	441	50.5	40.9	8.8
4	DINNER	5 ounces chicken breast, trimmed of fat OR 5 ounces turkey breast	150	32.5	0	1.9
		1/4 cup (cooked) black beans	57	3.8	10.2	0.2
		salad (2-3 cups spinach or romaine, 1/2 carrot, 1/2 cucumber, 1/2 medium tomato)	62	2.9	11	0.5
		3 tablespoons balsamic vinegar	30	0	6	0
		1 teaspoon olive oil (for salad or for cooking)	36	0	0	4.2
		dry seasonings, lemon juice (if desired)	4	0	1	0
		Recommended: 1/2 serving Legion Triton	23	0	0	2
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL 4	362	39.2	28.2	8.8
5	PRE BED SNACK	5 ounces 2% cottage cheese	128	19.5	5.1	2.7
		3/4 cup pineapple	62	0.7	16.2	0.2
	TOTAL	MEAL 5	190	20.2	21.3	2.9

Here are a couple **EXAMPLE/SAMPLE** meal plans. These meal plans are solely for demonstrative purposes. If you would like to purchase a meal plan customized to your specific needs and goals please visit www.muscleforlife.com.

TOTALS	1553	154.8	166.7	31.3
TARGET	1555	155.5	155.5	34.6

160-180LB FEMALE MEAL PLAN-CUTTING

ALL ITEMS SHOULD BE MEASURED RAW UNLESS INDICATED OTHERWISE

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	4 egg whites	64	14.4	0.8	0.4
		1 whole egg	72	6.3	0.4	4.8
		2 slices bacon	70	5	0	5
		1 slice whole grain bread	80	4	14	0.1
		1/2 tablespoon jam	22	0	5.5	0
		Recommended: 1/2 serving Legion Triton	22	0	0	2
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0	
TOTAL	MEAL 1		330	29.7	20.7	12.3
2	LUNCH	6 ounces tilapia OR 5 ounces tuna (use tuna only 2-3x per week)	150	32.5	0	1.9
		salad (2-3 cups spinach or romaine, 1/2 carrot, 1/2 cucumber, 1/2 medium tomato)	62	2.9	11	0.5
		3 tablespoons balsamic vinegar OR 2 tablespoons Bolthouse Farms (any flavor)	45	1	3	3
		lemon juice, dry seasonings (if desired)	4	0	1	0
	TOTAL	MEAL 2		261	36.4	15
3	PRE WORKOUT (BEFORE WHENEVER YOU WORKOUT)	7 ounces 0% Greek yogurt	116	21	8.1	0
		1 small banana OR apple OR pear	78	0.4	20.5	0.2
		cinnamon, stevia (if desired)	4	0	1	0
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL 3		203	21.4	34.6
<div><div></div><div>WORKOUT</div></div>						
4	POST WORKOUT (AFTER WHENEVER YOU WORKOUT)	7 ounces 2% cottage cheese	179	27.1	7.2	3.9
		1/2 cup strawberries OR 1/4 cup blueberries	22	0	5.4	0
		stevia (if desired)	0	0	0	0
		1 small banana OR apple OR pear	78	0.4	20.5	0.2
		Recommended: Legion Recharge	0	0	0	0
	TOTAL	MEAL 4		279	27.5	33.1
5	DINNER	5 ounces 95% lean ground beef OR 5 ounces pork tenderloin, trimmed of fat	190	32	0	5.5
		7 ounces sweet potato OR 8 ounces white potato	171	3.1	40	0.2
		6 ounces vegetables (carrots, onions, tomatoes)	58	4.8	11.2	0.6
		1 teaspoon butter OR 1 tablespoon sour cream	34	0	0	3.8
		dry seasonings, cinnamon for potato (if desired)	4	0	1	0
		Recommended: 1/2 serving Legion Triton	23	0	0	2
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
	TOTAL	MEAL 5		480	39.9	52.2

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TOTALS	1553	154.9	155.6	34.1
TARGET	1555	155.5	155.5	34.6

160-180LB FEMALE MEAL PLAN-CUTTING

ALL ITEMS SHOULD BE MEASURED RAW UNLESS INDICATED OTHERWISE

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	4 egg whites	64	14.4	0.8	0.4
		1 whole egg	72	6.3	0.4	4.8
		1/4 cup (measured dry) old fashioned oats	75	2.5	13.5	1.5
		1/2 cup strawberries OR 1/4 cup blueberries	28	0	7.2	0
		cinnamon, stevia, nutmeg, vanilla extract (if desired)	10	0	1.3	0
		Recommended: 1/2 serving Legion Triton	22	0	0	2
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0	
TOTAL	MEAL 1	271	23.2	23.2	8.7	
2	SHAKE	1.5 scoops whey in water (recommend Legion Whey+)	150	33	4.5	0
	TOTAL	MEAL 2	150	33	4.5	0
3	LUNCH (4-5 HOURS BEFORE WORKOUT)	5 ounces chicken breast, trimmed of fat OR 5 ounces turkey breast	150	32.5	0	1.9
		1 whole wheat tortilla	130	4	22	3
		1/2 cup (cooked) black beans	114	7.6	20.4	0.5
		2 teaspoons butter OR 2 tablespoons sour cream	68	0	0	7.7
		lettuce, tomato, hot sauce, mustard, lemon juice, cilantro, dry seasonings (if desired)	10	0	3	0
	TOTAL	MEAL 3	472	44.1	45.4	13.1
4	PRE WORKOUT	Required: Legion Forge OR 10g BCAAs	0	0	0	0
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
	TOTAL	MEAL 4	5	0	5	0



WORKOUT

5	POST WORKOUT DINNER	7 ounces chicken breast, trimmed of fat OR 7 ounces turkey breast	210	45.5	0	2.6
		10 ounces sweet potato OR 11 ounces white potato	244	4.4	57.1	0.2
		6 ounces vegetables (string beans, carrots, onions)	58	4.8	11.2	0.6
		1 teaspoon butter OR 1 tablespoon sour cream	34	0	0	3.8
		dry seasonings, cinnamon for potato (if desired)	4	0	1	0
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
		Recommended: 1/2 serving Legion Triton	23	0	0	2
		Recommended: Legion Recharge	0	0	0	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL 5	573	54.7	69.3	9.2
6	DESSERT	3/4 ounce dark chocolate	93	1	13	6.2
	TOTAL	MEAL 6	93	1	13	6.2

Here are a couple **EXAMPLE/SAMPLE** meal plans. These meal plans are solely for demonstrative purposes. If you would like to purchase a meal plan customized to your specific needs and goals please visit www.muscleforlife.com.

TOTALS	1564	156	160.4	37.2
TARGET	1555	155.5	155.5	34.6

180-200LB FEMALE MEAL PLAN-CUTTING

ALL ITEMS SHOULD BE MEASURED RAW UNLESS INDICATED OTHERWISE

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	PRE WORKOUT SNACK	7 ounces 0% Greek yogurt	116	21	8.1	0
		1/2 cup strawberries OR 1/4 cup blueberries OR 1/2 tablespoon honey	25	0.5	5.9	0.3
		cinnamon, stevia (if desired)	4	0	1	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
	TOTAL	MEAL 1	150	21.5	20	0.3



WORKOUT

2	POST WORKOUT BREAKFAST	2 egg whites	32	7.7	0.4	0.2
		2 whole eggs	144	12.6	0.8	10
		1/2 cup (measured dry) old fashioned oats	150	5	27	3
		1 medium banana (can be sliced for oats)	105	1.3	27	0.4
		cinnamon, stevia, nutmeg, vanilla extract (if desired)	10	0	1.3	0
		Recommended: Legion Recharge	0	0	0	0
		Recommended: 1/2 serving Legion Triton	22	0	0	2
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL 2	463	26.6	56.5	15.6

3	LUNCH	10 ounces Atlantic cod OR 9 ounces haddock OR 9 ounces Mahi Mahi	240	52	0	3
		3/4 cup (cooked) brown rice OR 3/4 cup (cooked) quinoa	147	2.6	34.3	0.1
		6 ounces vegetables (broccoli, asparagus, string beans)	58	4.8	11.2	0.6
		1/2 tablespoon butter	51	0	0	5.8
		dry seasonings (if desired)	4	0	1	0
	TOTAL	MEAL 3	500	59.4	46.5	9.5

4	DINNER	5 ounces chicken breast, trimmed of fat OR 5 ounces turkey breast	150	32.5	0	1.9
		1/4 cup (cooked) black beans	57	3.8	10.2	0.2
		salad (2-3 cups spinach or romaine, 1/2 carrot, 1/2 cucumber, 1/2 medium tomato)	62	2.9	11	0.5
		3 tablespoons balsamic vinegar	30	0	6	0
		1 teaspoon olive oil (for salad or for cooking)	36	0	0	4.2
		dry seasonings, lemon juice (if desired)	4	0	1	0
		Recommended: 1/2 serving Legion Triton	23	0	0	2
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL 4	362	39.2	28.2	8.8

5	PRE BED SNACK	5 ounces 2% cottage cheese	128	19.5	5.1	2.7
		3/4 cup pineapple	62	0.7	16.2	0.2
	TOTAL	MEAL 5	190	20.2	21.3	2.9

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TOTALS	1665	166.9	172.5	37.1
TARGET	1652	165.2	165.2	36.7

ALL ITEMS SHOULD BE MEASURED RAW UNLESS INDICATED OTHERWISE

ALL ITEMS SHOULD BE MEASURED EXACT UNLESS INDICATED OTHERWISE						
MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	3 egg whites	51	10.8	0.6	0.3
		2 whole eggs	144	12.6	0.8	10
		2 slices bacon	70	5	0	5
		1 slice whole grain bread	80	4	14	0.1
		1/2 tablespoon jam	22	0	5.5	0
		Recommended: 1/2 serving Legion Triton	22	0	0	2
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
	TOTAL	MEAL 1	389	32.4	20.9	17.4

2	LUNCH	6 ounces tilapia OR 5 ounces tuna (use tuna only 2-3x per week)	150	32.5	0	1.9
		salad (2-3 cups spinach or romaine, 1/2 carrot, 1/2 cucumber, 1/2 medium tomato)	62	2.9	11	0.5
		3 tablespoons balsamic vinegar OR 2 tablespoons Bolthouse Farms (any flavor)	45	1	3	3
		lemon juice, dry seasonings (if desired)	4	0	1	0
	TOTAL	MEAL 2	261	36.4	15	5.4

3	PRE WORKOUT (BEFORE WHENEVER YOU WORKOUT)	8 ounces 0% Greek yogurt	133	24	9.3	0
		1 large banana OR apple OR pear	121	1.4	31.1	0.4
		cinnamon, stevia (if desired)	4	0	1	0
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL 3	263	25.4	46.4	0.4



WORKOUT

4	POST WORKOUT (AFTER WHENEVER YOU WORKOUT)	7 ounces 2% cottage cheese	179	27.1	7.2	3.9
		1/2 cup strawberries OR 1/4 cup blueberries	22	0	5.4	0
		stevia (if desired)	0	0	0	0
		1 large banana OR apple OR pear	121	1.4	31.1	0.4
		Recommended: Legion Recharge	0	0	0	0
	TOTAL	MEAL 4	322	28.5	43.7	4.3

5	DINNER	5 ounces 95% lean ground beef OR 5 ounces pork tenderloin, trimmed of fat	190	32	0	5.5
		5 ounces sweet potato OR 6 ounces white potato	122	2.2	28.6	0.1
		6 ounces vegetables (carrots, onions, tomatoes)	58	4.8	11.2	0.6
		1 teaspoon butter OR 1 tablespoon sour cream	34	0	0	3.8
		dry seasonings, cinnamon for potato (if desired)	4	0	1	0
		Recommended: 1/2 serving Legion Triton	23	0	0	2
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
	TOTAL	MEAL 5	431	39	40.8	12

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TOTALS	1666	161.7	166.8	39.5
TARGET	1652	165.2	165.2	36.7

180-200LB FEMALE MEAL PLAN-CUTTING

ALL ITEMS SHOULD BE MEASURED RAW UNLESS INDICATED OTHERWISE

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	5 egg whites	80	12.8	1	0.5
		2 whole eggs	144	12.6	0.8	10
		1/2 cup (measured dry) old fashioned oats	150	5	27	3
		1/2 cup strawberries OR 1/4 cup blueberries	25	0.5	5.9	0.3
		cinnamon, stevia, nutmeg, vanilla extract (if desired)	10	0	1.3	0
		Recommended: 1/2 serving Legion Triton	22	0	0	2
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
	TOTAL	MEAL 1	431	30.9	36	15.8
2	SHAKE	1.5 scoops whey in water (recommend Legion Whey+)	150	33	4.5	0
	TOTAL	MEAL 2	150	33	4.5	0
3	LUNCH (4-5 HOURS BEFORE WORKOUT)	5 ounces chicken breast, trimmed of fat OR 5 ounces turkey breast	150	32.5	0	1.9
		1 whole wheat tortilla	130	4	22	3
		1/2 cup (cooked) black beans	114	7.6	20.4	0.5
		1/2 tablespoon butter OR 2 tablespoons sour cream	51	0	0	5.8
		lettuce, tomato, hot sauce, mustard, lemon juice, cilantro, dry seasonings (if desired)	10	0	3	0
	TOTAL	MEAL 3	455	44.1	45.4	11.2
4	PRE WORKOUT	Required: Legion Forge OR 10g BCAAs	0	0	0	0
		Recommended: 1-2 scoops Legion Pulse	5	0	5	0
	TOTAL	MEAL 4	5	0	5	0



WORKOUT

5	POST WORKOUT DINNER	8 ounces chicken breast, trimmed of fat OR 8 ounces turkey breast	240	52	0	3
		8 ounces sweet potato OR 9 ounces white potato	195	3.5	45.7	0.2
		6 ounces vegetables (string beans, carrots, onions)	58	4.8	11.2	0.6
		dry seasonings, cinnamon for potato (if desired)	4	0	1	0
		Recommended: 1/2 serving Legion Triumph Multivitamin	0	0	0	0
		Recommended: 1/2 serving Legion Triton	23	0	0	2
		Recommended: Legion Recharge	0	0	0	0
		Recommended: 1/2 serving Legion Phoenix	0	0	0	0
	TOTAL	MEAL 5	520	60.3	57.9	5.8
6	DESSERT	3/4 ounce dark chocolate	93	1	13	6.2
	TOTAL	MEAL 6	93	1	13	6.2

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TOTALS	1654	169.3	161.8	39
TARGET	1652	165.2	165.2	36.7