



Amounts will vary based on body weight and whether you are on a low or high carb day. See the low and high carb calculators on the LiveFit Phase 3 Main Page for your macronutrient breakdown. (<http://www.bodybuilding.com/fun/jamie-easons-livefit-phase-3.html>)

Breakfast:

Protein Pancakes
Banana
 1/2 banana

Or

Egg Whites
Oatmeal With Blueberries

Mid-Morning:

Grilled Chicken
Black Beans
Brown Rice
Veggies

Or

Turkey Meatloaf
Homemade Protein Squares
 2 squares

Lunch:

Fish
Sweet Potato
Salad

Or

Shrimp Salad
Quinoa
Veggies

Mid-Afternoon:

Chicken Lettuce Wraps
Veggies
Avocado

Or

Turkey Meatloaf Muffins
Veggies

Dinner:

Apple Cinnamon Protein Bars

Or

Protein Shake With Flax And Berries
Almonds

Evening:

Egg White Omelet
Veggies

Or

Fish
Veggies

Or

No-Bean Turkey/Veggie Chili