

JAMIE EASON'S LIVEFIT 12-WEEK TRAINER

HIGH CARB MEAL PLAN

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>)

MEAL #1 / BREAKFAST

- ☐ Protein pancakes
- ☐ Banana
- OR**
- ☐ Egg whites
- ☐ Oatmeal with blueberries

MEAL #2 / MID-MORNING

- ☐ Grilled chicken
- ☐ Black beans
- ☐ Brown rice
- ☐ Veggies
- OR**
- ☐ Turkey meatloaf
- ☐ Homemade protein squares

MEAL #3 / LUNCH

- ☐ Fish
- ☐ Sweet Potato
- ☐ Salad
- OR**
- ☐ Shrimp Salad
- ☐ Quinoa
- ☐ Veggies

MEAL #4 / MID-AFTERNOON

- ☐ Chicken lettuce wraps
- ☐ Veggies
- ☐ Avocado
- OR**
- ☐ Turkey meatloaf muffins
- ☐ Veggies

MEAL #5 / DINNER

- ☐ Apple cinnamon protein bars
- OR**
- ☐ Protein shake with flax and berries
- ☐ Almonds

MEAL #6 / BEDTIME SNACK

- ☐ Egg white omelet
- ☐ Veggies
- OR**
- ☐ Fish
- ☐ Veggies
- OR**
- ☐ No-bean turkey/veggie chili