



Meal Schedule 1:

For the overweight person (over 15 percent body fat for men, over 25 percent body fat for women) who in the past has found it hard to lose weight.

Meal 1:

6 egg whites, 1 yolk

1 medium sized sweet potato

1 cup of melon

Protein: 30.9g Fats: 6g Carbohydrates: 35.72g Calories: 298

Supplements:

5 grams of L Glutamine

1 multivitamin and mineral tablet/serving of product

1 serving of omega three fish oils

Meal 2

1 medium sized potato (baked)

-1 cup of low fat cottage cheese

Protein: 32.6g Fats: 2.5g Carbohydrates: 44.6g Calories: 331

Meal 3:

1 tuna sandwich (with half a cup of water packed, light tuna) on whole wheat bread

1 whey protein-shake (33 gram serving): C = 3g P = 25g F = 1.5g Calories = 130

1 medium sized apple

Protein: 55.9g Fats: 3.9g Carbohydrates: 44.7g Calories: 429

Alternative meal:

1 medium sized chicken breast (boiled with skin removed)

1 cup of brown rice

1 cup of green beans (cooked)

Protein: 45.4g Fats: 6.7g Carbohydrates: 54.7g Calories: 460

Meal 4: Post Workout

1 whey protein-shake (33 gram serving)

1 cup of brown rice

Supplements

5 grams of L Glutamine

1 serving of omega three fish oils

Protein: 30g Fats: 3.3g Carbohydrates: 47.8g Calories: 346

Meal 5:

1 medium sized chicken breast (boiled with skin removed)
1 cup of broccoli (uncooked)
1 medium sized potato (baked)

Protein: 45.1g Fats: 5g Carbohydrates: 44.3g Calories: 398

Alternative meal:

110 grams of lean red meat
1 cup of pumpkin (cooked)
1 medium sized sweet potato
1 cup of broccoli (uncooked)

Protein: 40.7g Fats: 9.4g Carbohydrates: 36.2g Calories: 469

Meal 6:

33 gram serving of casein protein
5 grams of L Glutamine

Protein: 24g Fats: 1g Carbohydrates: 3g Calories: 120

Daily totals: Protein: 218.5g Fats: 21.7g Carbohydrates: 217.12g Calories: 1922

**Alternative meal plan: Protein: 203.6g Fats: 28.9 Carbohydrates: 222.02
Calories: 2024**