



Meal schedule 2:

For the moderately overweight person (between 10 and 13 percent body fat for me, between 15 and 17 percent body fat for women) who does not usually struggle with weight loss, and who wishes to achieve and maintain low body fat levels.

Meal 1:

6 egg whites, 1 yolk:
1 cup of oatmeal (uncooked)
1 medium sized banana

Protein: 56.3g Fats: 16.8g Carbohydrates: 130.12g Calories: 758

Supplements:

5 grams of L Glutamine
1 multivitamin and mineral tablet/serving of product
1 serving of omega three fish oils

Meal 2:

1 large baked potato
1 can of tuna (water packed, light)
1 medium sized kiwi fruit

Protein: 48.8g Fats: 9.1g Carbohydrates: 77.8g Calories: 582

Meal 3:

1 large chicken breast
1 cup of brown rice
1 half cup of strawberries

Protein: 50.5g Fats: 9.8g Carbohydrates: 50.9g Calories: 455

Alternative meal

1 cup of low fat cottage cheese
1 large baked potato:
1 cup of broccoli (uncooked)
1 whey protein-shake (33 gram serving)

Protein: 63g Fats: 4.4g Carbohydrates: 79.4g Calories: 607

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:

110 grams of lean red meat

1 cup of broccoli (uncooked)

1 large baked potato

Half a cup of sweet corn

Protein: 47.5g Fats: 10.4g Carbohydrates: 84.5g Calories: 690

Alternative meal:

1 cup of brown rice

1 large chicken breast

1 cup of peas

1 cup of watermelon

Protein: 52.7g Fats: 9.0g Carbohydrates: 58.7g Calories: 288.16

Meal 6:

33 gram serving of casein protein

5 grams of L Glutamine

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

Daily totals: Protein: 257.1 Fats: 50.4 Carbohydrates: 394.12 Calories: 2951

With alternative meals: Protein: 274.8 Fats: 43.6 Carbohydrates: 396.82

Calories: 2701.16