Jay Cutler

LIVING 8-WEEK MASS TRAINER LARGE

JAY CUTLER'S MEAL AND SUPPLEMENT PLAN

MEAL 1
2 WHOLE EGGS
1 SCOOP JAY CUTLER ELITE SERIES PROTEIN
2 CUPS EGG WHITES
2 SLICES EZEKIEL BREAD
2 PACKS OATMEAL
1 SCOOP JAY CUTLER ELITE SERIES BIG T

MEAL 2
12 OZ CHICKEN
2 CUPS BROWN RICE

PRE-WORKOUT
1 SCOOP BPI PUMP-HD
1 SCOOP JAY CUTLER ELITE SERIES AMINO PUMP

INTRA-WORKOUT
1 SCOOP IMAGE SPORTS VEIN

POST-WORKOUT
1 SCOOP BPI BUILD-HD
2 SCOOPS BPI BLOX

MEAL 3
3 SCOOPS JAY CUTLER ELITE SERIES PROTEIN
~60 OUNCES GATORADE

MEAL 4
14 OZ CHICKEN
12 OZ SWEET POTATO

MEAL 5
12 OZ CHICKEN
2 CUPS BROWN RICE

MEAL 6
6 OZ BEEF FILET
2 CUPS BROCCOLI

DAILY TOTAL:
CALORIES: 4,690
CARBOHYDRATE: 487 G
FAT: 95 G
PROTEIN: 469 G

NOTES