

AlaskaFit: Bodybuilding and Fitness

<u>Foods</u>	<u>Time</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>H2O</u>
Supplements					
Animal Pak	Morning, after Training				
Creatine	After workout			AVERAGE DIET	
Glutamine	After workout				
Meal 1					
1 cup oatmeal		44	5	4	
6 egg whites		0	24	0	
Meal 2					
1 chicken breast		0	60	6	
1 cup rice		11	2	0	
1 cup broccli		11	6	0	
Salsa and Guacamole		4	6	12	
Meal 3					
1 banana (Pre- Workout)		36	0	0	
Low Carb Bar		10	30	8	
Meal 4					
Protien Shake (Post workout)		4	44	3	
Meal 5					
Chicken Salad		11	44	6	
Meal 6					
Meal 7					
Total		131	221	39	
Calories		524	884	351	
%		23.84%	40.22%	15.97%	

AlaskaFit: Bodybuilding and Fitness

<u>Foods</u>	<u>Time</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>H2O</u>
Supplements					
Animal Pak	Morning, after Training				
Creatine	After workout				
Glutamine	After workout		Bodybuilder Cutting Plan		
Meal 1					
1/2 cup oatmeal		22	3	2	
12 egg whites		0	48	0	
Meal 2					
Protein shake		4	66	3	
Meal 3					
2 chicken breasts		0	60	6	
1 cup broccoli		11	2	0	
Balsamic Vinegar		0	0	0	
Meal 4					
1 banana (Pre- Workout)		36	0	0	
Low Carb Bar		10	30	8	
Meal 5					
Protien Shake (Post workout)		4	66	3	
Meal 6					
10 oz halibut		11	64	6	
1 cup broccoli		11	2	0	
Total					
		109	341	28	
Calories					
		436	1364	252	
%					
		18.42%	57.63%	10.65%	

AlaskaFit: Bodybuilding and Fitness

<u>Foods</u>	<u>Time</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>H2O</u>
Supplements					
Animal Pak	Morning, after Training				
Creatine	After workout				
Glutamine	After workout		High Carb Endurance Plan		
Meal 1					
1 cup grits		44	5	3	
6 egg whites + one yolk		0	24	8	
Meal 2					
Protein shake		4	44	3	
Glass Orange Juice		38	0	0	
Meal 3					
2 chicken breasts		0	60	6	
2 cup rice		88	8	0	
1 cup broccoli		11	2	0	
Salsa and Guacamole		4	6	12	
Meal 4					
Baked Potato (Pre Workout)		48	6	0	
Meal 5					
Protien Shake (Post workout)		4	44	3	
1 glass Apple Juice		44	0	0	
Meal 6					
1 Chicken Breast		0	30	6	
Cup of mixed veges		11	4	0	
Meal 7					
Total		326	249	65	
Calories		1304	996	585	
%		36.06%	27.54%	16.18%	

AlaskaFit: Bodybuilding and Fitness

<u>Foods</u>	<u>Time</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>H2O</u>
Supplements					
Mega Men	Morning				
Creatine	After workout				
Glutamine	After workout		Garry's Offseason Diet		
Meal 1					
1 cup oatmeal		44	5	3	
8 egg whites		0	32	0	
Meal 2					
Protein shake		4	66	3	
Meal 3					
2 chicken breasts		0	60	6	
1 cup rice		44	4	0	
1 cup broccoli		11	2	0	
Salsa and Guacamole		4	6	12	
Meal 4					
2 bananas (Pre- Workout)		36	0	0	
Meal 5					
Protien Shake (Post workout)		4	66	3	
Meal 6					
Small Salad, 2 Chicken Breasts		11	60	6	
1 cup Beans		24	24	4	
Meal 7					
Total		212	341	61	
Calories		848	1364	549	
%		24.60%	39.57%	15.93%	