



| 7 AM: Egg/Milk, Cereal, Juice/Fruit | Calories | Fat | Carb | Pro |
|-------------------------------------|------------|--------------|--------------|--------------|
| 1½ cups Cooked Oatmeal | 221 | 3.5 | 37.9 | 9.1 |
| 3 eggs, scrambled | 233 | 15.9 | 1.7 | 18.9 |
| 2 regular glass of O.J. | 223 | 1 | 52 | 4 |
| 1 tablet Active Multivitamin | 0 | 0 | 0 | 0 |
| Total: | 677 | 20.4 | 91.6 | 32 |
| Percent of Calories: | | 27.1% | 54.1% | 18.9% |

Instructions: If late rising leaves no time for meal, consume a 570 calorie shake or 2 breakfast bars (440 calories), and skip pre-workout shake

| 8:40 AM: Pre-training shake | Calories | Fat | Carb | Pro |
|--|------------|--------------|--------------|--------------|
| dotFIT FirstString (2 scoops) & 8 caps CreatineXXL | 285 | 3.5 | 43 | 21.0 |
| Total: | 285 | 3.5 | 43 | 21.0 |
| Percent of Calories: | | 11.1% | 60.4% | 29.5% |

Instructions: You may use bars if you prefer or fits the venue. Substitute 1-2 bars. Skip this if you are late to rising.

| Immediate post-training shake | Calories | Fat | Carb | Pro |
|-------------------------------|------------|--------------|--------------|--------------|
| dotFIT FirstString (2 scoops) | 285 | 3.5 | 43 | 21.0 |
| Total: | 285 | 3.5 | 43 | 21.0 |
| Percent of Calories: | | 11.1% | 60.4% | 29.5% |

Instructions: You may use bars if you prefer or fits the venue. Substitute 1-2 bars

| 11:00 AM: Light Sandwich, lean meat, starch | Calories | Fat | Carb | Pro |
|---|------------|--------------|--------------|------------|
| 12 inch Turkey Sandwich | 560 | 9 | 92 | 37 |
| Baked Lays Potato Chips | 220 | 3 | 46 | 4 |
| Total: | 780 | 12 | 138 | 41 |
| Percent of Calories: | | 13.8% | 70.8% | 21% |

Substitute example chicken or fish with rice or pasta

| 1:00 PM: Pre-strength training supplement | Calories | Fat | Carb | Pro |
|---|------------|--------------|--------------|--------------|
| dotFIT NO7Rage (2-3 scoops) | 88 | 0 | 22 | 0 |
| dotFIT AminoBoost XXL (2 scoops) | 100 | 0 | 0 | 12 |
| dotFIT Protein Stick | 190 | 6 | 26 | 12 |
| Total: | 378 | 6 | 48 | 36 |
| Percent of Calories: | | 14.3% | 50.8% | 38.1% |

Instructions: Mix NO7Rage and AminoBoost XXL with 16-24 oz cold water and mix vigorously for 30 seconds and consume up to 30 minutes before intense exercise.

| Immediate post-strength training supplement | Calories | Fat | Carb | Pro |
|---|------------|-------------|-------------|-------------|
| dotFIT AminoBoost XXL (2 scoop) | 100 | 0 | 0 | 24 |
| Total: | 100 | 0 | 0 | 24 |
| Percent of Calories: | | 0.0% | 0.0% | 100% |

Instructions: Mix 2 scoop (16g) of AminoBoost XXL in a shaker bottle prior to the workout. When ready to consume add 8-12 oz cold water and mix vigorously for 30 seconds. Drink immediately post-workout



| 15-30 minutes after AminoBoost XXL | Calories | Fat | Carb | Pro |
|--|------------|--------------|--------------|--------------|
| dotFIT FirstString (3 scoops) & 4 caps CreatineXXL | 428 | 5.3 | 64.5 | 31.5 |
| Total: | 428 | 5.3 | 64.5 | 31.5 |
| Percent of Calories: | | 11.1% | 60.3% | 29.4% |

Instructions: Add/mix (3) scoops of FirstString™ to a shaker bottle before your workout. When ready to consume add 16-20 oz. of cold water and shake vigorously. Or substitute 2 bars.

| 4:30 PM: Lean meat, Potato/Rice/Pasta, Vegetable | Calories | Fat | Carb | Pro |
|--|------------|--------------|--------------|--------------|
| 12 oz sirloin steak | 639 | 22.3 | 0 | 103 |
| 8 oz Baked Potato | 218 | 0.2 | 50.4 | 4.6 |
| 1 tablespoon sour cream | 26 | 2.5 | 0.5 | 0.4 |
| 1 cup cooked broccoli | 55 | 0.6 | 11 | 4 |
| 1 teaspoon Chives | 0 | 0 | 0 | 0 |
| 4 caps Creatine XXL | | | | |
| Total: | 938 | 25.7 | 111.7 | 62.2 |
| Percent of Calories: | | 24.6% | 26.5% | 47.6% |

Substitute example Lean meat includes chicken, fish, lean cuts of red meat, turkey. The carb can be potato, rice or pasta. Include at least one veggie. (e.g. large salad with favorite dressing, asparagus, etc)

| 8:00 PM: Favorite Meal | Calories | Fat | Carb | Pro |
|--|------------|--------------|--------------|--------------|
| Pizza Hut Personal Pan (Pepperoni) Pizza | 640 | 29 | 67 | 28 |
| 1 tablet Active Multivitamin | 0 | 0 | 0 | 0 |
| Total: | 640 | 29 | 67 | 28 |
| Percent of Calories: | | 40.8% | 41.9% | 17.5% |

Instructions: Eat whatever you want but include protein, carbohydrates and fat or substitute 600 calorie shake

| | | | | |
|-----------------------------|-------------|--------------|--------------|--------------|
| Menu Total: | 4511 | 105.3 | 556.8 | 346.6 |
| Percent of Calories: | | 21% | 49.4% | 30.7% |

Instructions: The protein, carbohydrate and fat content of the meals (grams and calories) are simply the ideal framework”, based on your goals, for the foods of your choice to fall into. You may substitute at will—just keep the calories and grams of each food you switch as close as possible to its replacement.

Your body composition goal is to gain muscle, therefore your food plan is structured to accomplish both outcomes – improve performance and muscle gain

Total daily calorie intake should be moderately above current expenditure. If weight gain does not occur at approximately ½-1LB per week (the higher end for growing athletes), you may add roughly 100 to 250 calories to your daily total (based on body size) consisting of equal amounts of carbohydrates and protein and moderate fat. For example, 20 g protein, 20 g carbohydrate, 10 g fat equaling 250 calories. If preferred, use your shakes or snacks to supply extra calories. Following the addition of extra calories if after 1- week weight gain does not occur, repeat the above process.

In some cases rapid weight gain may offset specific performance parameters. Therefore if body fat or overall weight increases undesirably, slightly reduce daily caloric intake or add a preferred form of aerobic exercise until you achieve your desired weight trend.

In adults some form of resistance training is needed to create a physiological environment conducive to depositing the extra nutrition into muscle as opposed to fat storage.