



<b>7 AM: Egg/Milk, Cereal, Juice/Fruit</b>	<b>Calories</b>	<b>Fat</b>	<b>Carb</b>	<b>Pro</b>
1½ cups Cooked Oatmeal	221	3.5	37.9	9.1
3 eggs, scrambled	233	15.9	1.7	18.9
1½ regular glass of O.J.	168	.7	38.7	2.6
1 tablet Active Multivitamin	0	0	0	0
<b>Total:</b>	<b>622</b>	<b>20.1</b>	<b>78.3</b>	<b>30.6</b>
<b>Percent of Calories:</b>		<b>29.1%</b>	<b>50.4%</b>	<b>19.7%</b>

**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

<b>8:40 AM: Pre-training shake</b>	<b>Calories</b>	<b>Fat</b>	<b>Carb</b>	<b>Pro</b>
dotFIT FirstString (2 scoops) & 8 caps CreatineXXL	285	3.0	45.0	21.0
<b>Total:</b>	<b>285</b>	<b>3.0</b>	<b>45.0</b>	<b>21.0</b>
<b>Percent of Calories:</b>		<b>9.5%</b>	<b>63.2%</b>	<b>29.5%</b>

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

<b>Immediate post-training shake</b>	<b>Calories</b>	<b>Fat</b>	<b>Carb</b>	<b>Pro</b>
dotFIT FirstString (2 scoops)	285	3.0	45.0	21.0
<b>Total:</b>	<b>285</b>	<b>3.0</b>	<b>45.0</b>	<b>21.0</b>
<b>Percent of Calories:</b>		<b>9.5%</b>	<b>63.2%</b>	<b>29.5%</b>

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

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

**Substitute example chicken or fish with rice or pasta**

<b>1:00 PM: Pre-strength training supplement</b>	<b>Calories</b>	<b>Fat</b>	<b>Carb</b>	<b>Pro</b>
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
<b>Total:</b>	<b>378</b>	<b>6</b>	<b>48</b>	<b>36</b>
<b>Percent of Calories:</b>		<b>14.3%</b>	<b>50.8%</b>	<b>38.1%</b>

**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.

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

**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	427.5	4.5	66.8	31.5
<b>Total:</b>	<b>427.5</b>	<b>4.5</b>	<b>66.8</b>	<b>31.5</b>
<b>Percent of Calories:</b>		<b>9.5%</b>	<b>62.5%</b>	<b>29.5%</b>

**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 CreatineXXL				
<b>Total:</b>	<b>938</b>	<b>25.7</b>	<b>111.7</b>	<b>62.2</b>
<b>Percent of Calories:</b>		<b>24.6%</b>	<b>26.5%</b>	<b>47.6%</b>

**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
<b>Total:</b>	<b>640</b>	<b>29</b>	<b>67</b>	<b>28</b>
<b>Percent of Calories:</b>		<b>40.8%</b>	<b>41.9%</b>	<b>17.5%</b>

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

<b>Menu Total:</b>	<b>4456</b>	<b>105</b>	<b>543.9</b>	<b>344.8</b>
<b>Percent of Calories:</b>		<b>21.2%</b>	<b>48.8%</b>	<b>31%</b>

**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.