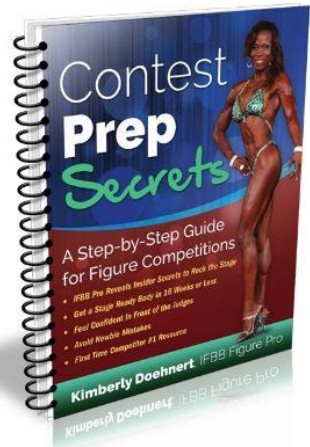


Contest Diet Secrets

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Competitor Diet

Meal #1

Oatmeal
Gluten Free Cereal
Protein (ex. eggs)
Fruit

No fats with
carbs in the
first meal

Meal #2

Protein (Chicken,
Fish, Shrimp, Tuna)
Vegetables
Complex Carbs
Fruit

Get most of
your carbs
first 2 meals

Meal #3

Chicken, Fish, Tuna,
Protein Powder
Vegetables
Complex Carbs, Fat

Skip fruit after
this meal

Meal #4

Protein (Chicken, Fish,
Tuna, Turkey, Protein
Powder) Vegetables
Complex Carbs

Evening
meals are
the lightest

Meal #5

Protein (Chicken, Fish,
Tuna, Turkey, Protein
Powder) Vegetables
Complex Carbs

Can be a shake

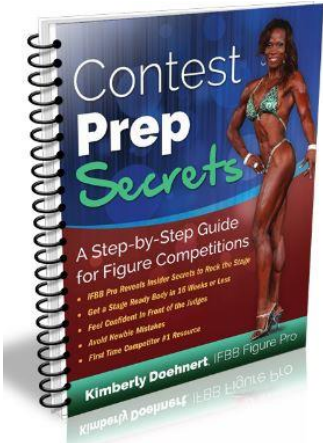
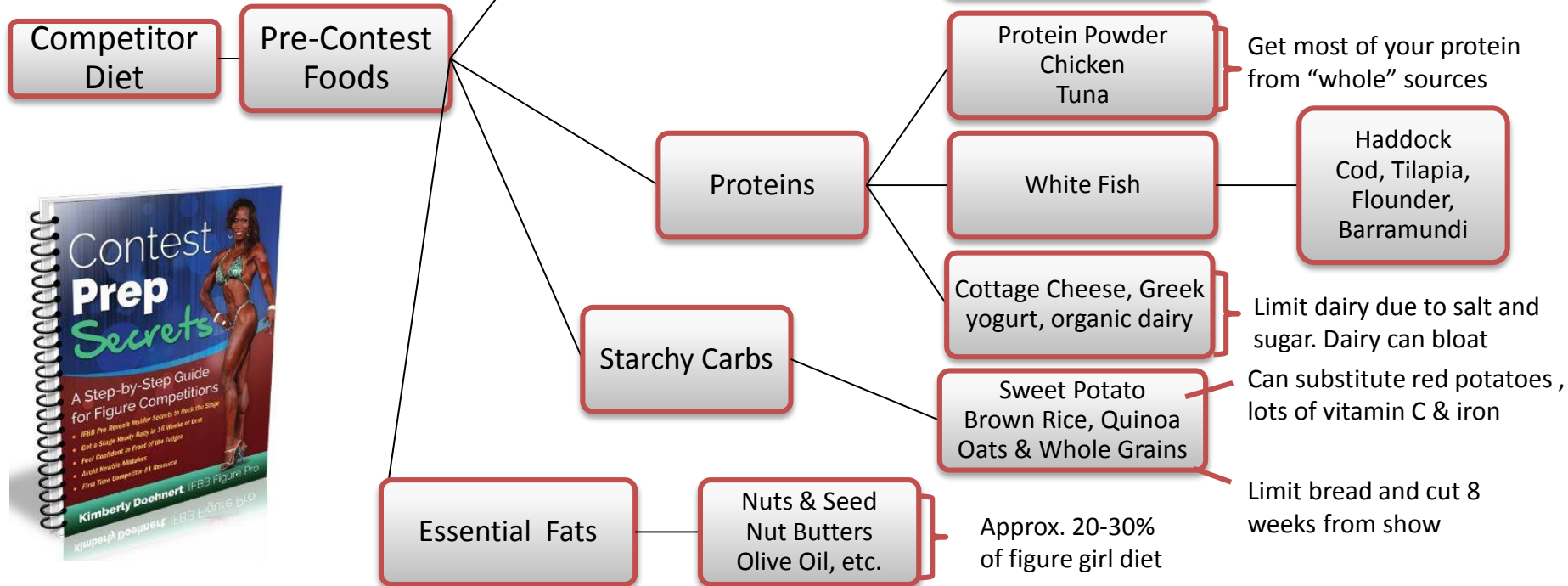
Cut complex carbs from these 2
meals closer to competition

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Tips:

1. Get most of your carbs before 3pm
2. Make dinner the lightest meal, consisting of veggies & lean protein source
3. Make sure each meal has a protein, carb and essential fat based on your macros
4. As your body composition changes, adjust macronutrients (carbs, protein, fats) accordingly
5. Eat 5-6 balanced meals a day to keep your metabolism fueled and prevent cheating.
6. Train AFTER you've eaten most of your carbs



Sample Phase 1 Diet

>>CLICK HERE TO DOWNLOAD<<

Get all 3 phase meal plans + what to eat during PEAK WEEK [here](#) <<<