

KYLE'S SAMPLE DAILY MEAL PLAN

PRE-CARDIO: 8 AM

CO-H₂O

MEAL 1: 9 AM

2 SOURDOUGH ENGLISH MUFFINS

1 TSP BUTTER

1 TBSP JELLY

5 WHOLE EGGS

"THAT'S A LOT OF FAT, BUT MY CHOLESTEROL IS PERFECT."

PREWORKOUT: 9:30 AM

1 SCOOP BLACK POWDER ULTRA

"I'M FROM VEGAS, SO I'M NOT MUCH OF A MORNING PERSON. THIS GIVES ME THE ENERGY AND FOCUS I NEED TO REALLY ATTACK MY WORKOUT AT THE START OF MY DAY."

TRAIN: 10 AM

POSTWORKOUT: 12 PM

2 SCOOPS PRO-NOS

"THAT'S 52 GRAMS OF PROTEIN WITH TWO SCOOPS, SO THAT'S A BIG FACTOR IN HOW I BUILD AND MAINTAIN THE AMOUNT OF LEAN MUSCLE I NEED WITH MY METABOLISM."

MEAL 2: 1 PM

1 CUP WHITE RICE

8 OZ CHICKEN BREAST

1 TBS TERYAKI SAUCE

MEAL 3: 4 AM

1 CUP WHITE RICE

8 OZ CHICKEN BREAST

1 TBS TERYAKI SAUCE

MEAL 4: 7 PM

8-10 OZ FILET

LARGE SALAD WITH MIXED VEGETABLES

"I'LL TYPICALLY KEEP THIS MEAL VERY LOW CARB. EVEN THOUGH I HAVE A NATURALLY FAST METABOLISM, I DON'T TYPICALLY EAT A LOT OF CARBS WITH MY LAST TWO MEALS."

MEAL 5: 10 9M

2 SCOOPS PRO-NOS

"I WON'T EAT AGAIN UNTIL 7 OR 8 IN THE MORNING, SO THIS HELPS MAKE SURE I'M NOT BURNING THROUGH MUSCLE WHEN I SLEEP."