

BREAKFAST: BLENDED BEAST

CALORIES: 1032

- 1 banana
 - 1 cup frozen raspberries
 - 1 cup whole milk
 - ½ cup plain yogurt
 - 1 kiwi, peach or chunk of pineapple
 - 60g whey protein
 - ¼ cup frozen spinach
 - 3 whole raw eggs (or just the yolks)
 - (optional: 5g creatine)
- +2 fish oil pills
- +a cup or two of coffee

LUNCH: HOMEMADE PROTEIN BAR

CALORIES: 750

- (see recipe book or free download with newsletter)
- +2 fish oil pills

DINNER: STEAK & VEGETABLES

CALORIES: 970

- 8 oz steak
 - 1 cup broccoli
 - 2 tbsp olive oil
 - 1 large sweet potato
 - 1 glass whole milk
- +2 fish oil pills

PRE-BED: YOGURT PARFAIT

CALORIES: 601

- 9 oz greek yogurt
 - ¼ cup cashews
 - 1 tbsp raw honey
 - ½ tsp cinnamon
 - 1 cup whole milk
- +2 fish oil pills

TOTAL 3400 Calories