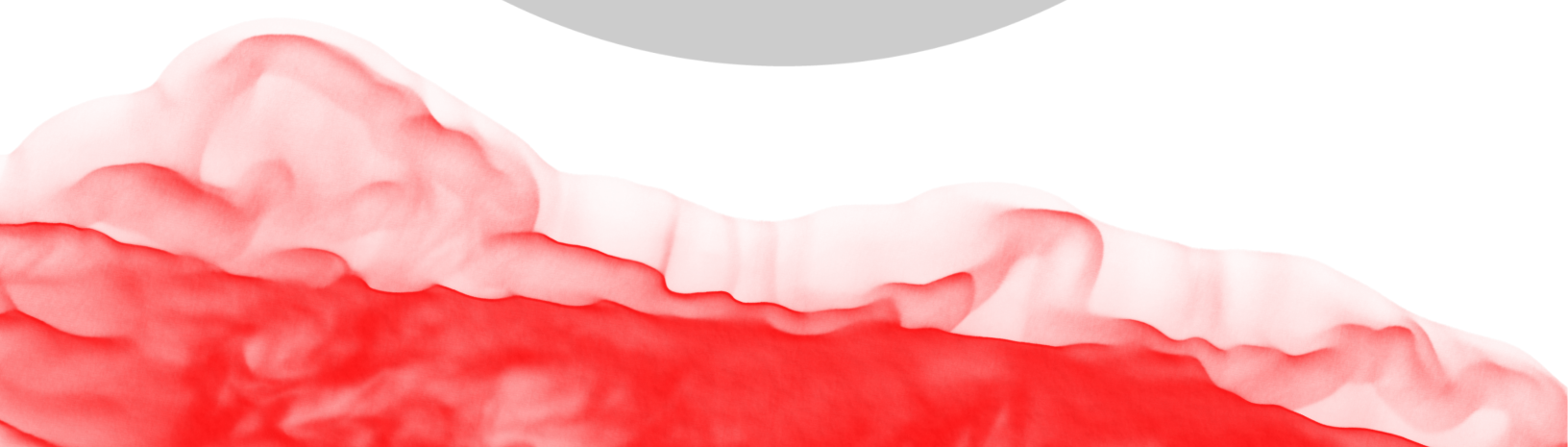


9ROUND®



1.25 PLAN

nutrition guide



start here

NAME:

WEIGHT:

BODY FAT %

nutrition guidelines

protein

PALM-SIZED

- ◆ 130 grams Chicken Breast (skinless)
- ◆ 130 grams Burger Patties
- ◆ 130 grams Venison
- ◆ 130 grams Chicken Mince
- ◆ 130 grams Pork Tenderloin
- ◆ 130 grams Any White Fish (No Salmon or Seabass)
- ◆ 240 ml Egg Whites
- ◆ 4 Egg Whites
- ◆ 240 ml Cottage Cheese
- ◆ 240 ml Greek Yogurt
- ◆ 1 Scoop Protein Powder
- ◆ 1 Can Tuna

fat

THUMB-SIZED

- ◆ 1 TB Peanut Butter
- ◆ 1 TB Almond Butter
- ◆ 3/4 TB Coconut Oil
- ◆ 1 TB Grassfed Butter
- ◆ 3/4 TB Olive Oil
- ◆ 1/4 of Medium Avocado
- ◆ 1/8 Cup any Nuts
- ◆ 3/4 TB Cooking Oil*

*No vegetable oil

* No canola oil

carb

FIST-SIZED

- ◆ 3/4 Cup Sweet Potato
- ◆ 3/4 Cup Red Potato
- ◆ Cup Bean/Legumes
- ◆ 1/2 Cup Cooked Rice (white or brown)
- ◆ 1.5 Slices Ezekiel Bread
- ◆ 1/2 Cup (dry) Rolled Oats
- ◆ 1 Small Baked Potato
- ◆ 1/2 Cup Cooked Quinoa
- ◆ 1/2 Piece Fruit
- ◆ 3/4 Cup Berries

veggie

FIST-SIZED

1 Cup of any Veggies Except:

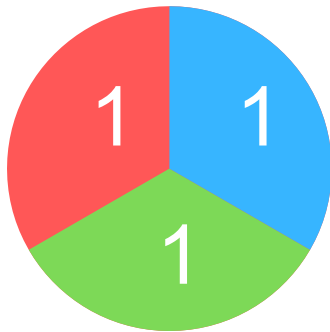
- ◆ Peas
- ◆ Carrots
- ◆ Corn
- ◆ Squash
- ◆ Zucchini
- ◆ Eggplant
- ◆ Pumpkin
- ◆ Beets

Stick with Green and Leafy Vegetables

portion guide

*****MEAL PRIOR TO WORKOUT SHOULD BE FINISHED 2 HRS BEFOREHAND**

● protein ● fat ● carb ● veggie

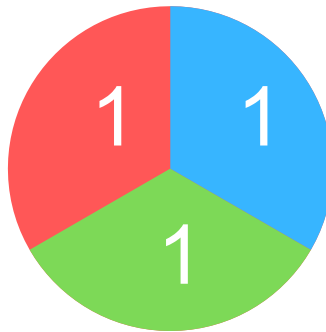


breakfast



shake 1

1 scoop protein powder
1 cup water

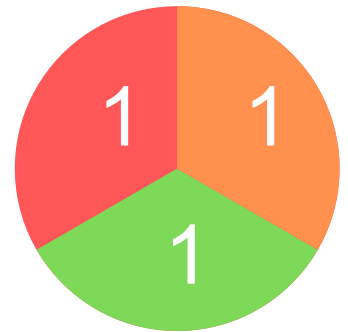


lunch



shake 2

1 scoop protein powder
1 cup water



dinner

DON'T FORGET!



Am
Fatburner



Workout
Pre and intra



Pm
Sleep/Recovery



Anytime
greens

CHECK OFF ANY OPTIONAL FLAVOR ENHANCERS AND BEVERAGES

As long as it has zero calories, you can have as much as you want even if it is not on the list.

NOTE: *Eliminate BEFORE you moderate (that will come next)* If it is not on the list, it's by design!

- | | | |
|--|---|---|
| <input type="checkbox"/> Mustard | <input type="checkbox"/> Salt/Pepper | <input type="checkbox"/> Sugar Free Green Tea |
| <input type="checkbox"/> Soy Sauce | <input type="checkbox"/> Stevia/Splenda | <input type="checkbox"/> Sugar Free Iced Tea |
| <input type="checkbox"/> Any Dry Spices | <input type="checkbox"/> Any Hot Sauces | <input type="checkbox"/> Crystal Light |
| <input type="checkbox"/> Any Dry Rubs for Meat | <input type="checkbox"/> Water (1oz for every
2lbs of body weight) | <input type="checkbox"/> Mio Flavored Water |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Black Coffee | |
| <input type="checkbox"/> Balsamic Vinegar | | |

grocery list

protein

PALM-SIZED

- ◆ 1.25 kg Chicken Breast (skinless)
- ◆ 1.25 kg Burger Patties
- ◆ 1.25 kg Venison
- ◆ 1.25 kg chicken mince
- ◆ 1.25 kg Pork Tenderloin
- ◆ 1.25 kg Any White Fish (No Salmon or Seabass)
- ◆ 1 L Egg Whites
- ◆ 4 Egg Whites
- ◆ 1 L Cottage Cheese
- ◆ 1 L Greek Yogurt
- ◆ 1 Tub Protein Powder
- ◆ 7 Cans Tuna

fat

THUMB-SIZED

- ◆ 1 Jar Peanut Butter
- ◆ 1 Jar Almond Butter
- ◆ 1 Jar Coconut Oil
- ◆ 225 g Grassfed Butter
- ◆ 1 Bottle Olive Oil
- ◆ 3 Medium Avocado
- ◆ 1 bag/container any Tree Nuts (No peanuts or cashews)
- ◆ 1 Bottle Cooking Oil*

*No vegetable oil

*No canola oil

carb

FIST-SIZED

- ◆ 1 Bag Sweet Potato
- ◆ Bag Red Potato
- ◆ 2 Cans Beans
- ◆ 1 Bag Rice (white or brown)
- ◆ 1 Loaf Ezekiel Bread
- ◆ Container Rolled Oats
- ◆ 1 Bag Baked Potato
- ◆ 1 Bag Quinoa
- ◆ 4 Pieces of Fruit
- ◆ 1 kg Berries

veggie

FIST-SIZED

1.35 kg Any Veggies Except-

- ◆ Peas, Carrots, Corn, Squash, Zucchini, Eggplant, Pumpkin, Beets

Examples:

- ◆ Asparagus
- ◆ Broccoli
- ◆ Spinach
- ◆ Cauliflower
- ◆ Brussels Sprouts
- ◆ Cabbage
- ◆ Romaine Lettuce
- ◆ Greens
- ◆ Kale

meal planner

breakfast

PROTEIN

CARB

VEGGIE

lunch

PROTEIN

CARB

VEGGIE

dinner

PROTEIN

FAT

VEGGIE

M

T

W

T

F

S

S
