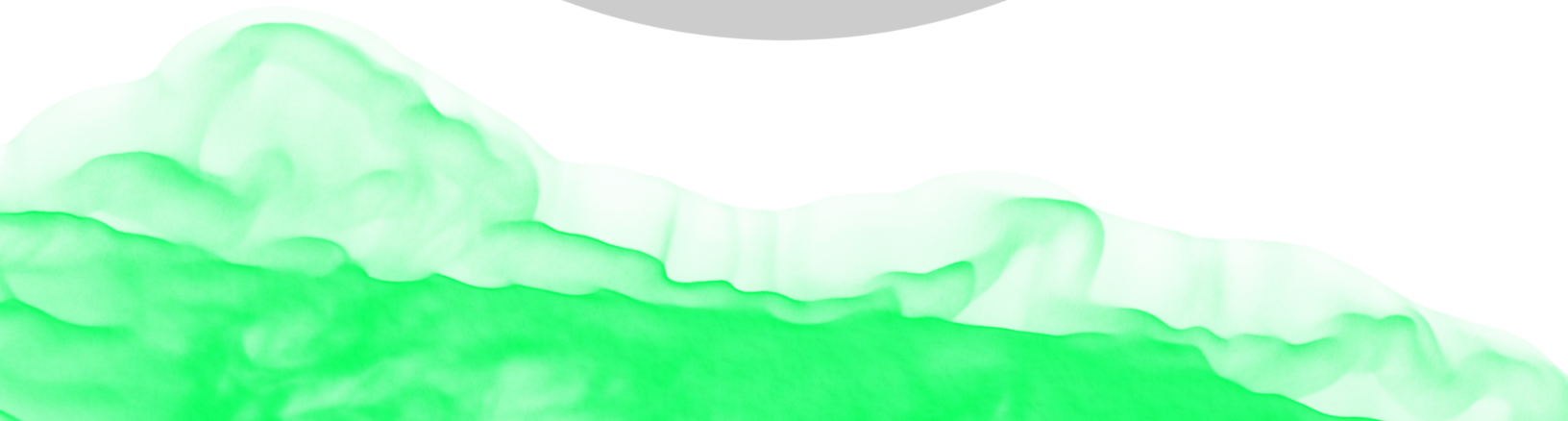


9ROUND®



VEGGIE

nutrition guide



start here

NAME:

WEIGHT:

BODY FAT %

nutrition guidelines

protein

PALM-SIZED

- ◆ 300 ml Egg Whites OR 6 Egg Whites
- ◆ 350 ml Cottage Cheese
- ◆ 350 ml Greek Yogurt
- ◆ 1.5 Scoops Protein Powder
- ◆ 170g Tofu
- ◆ 170g Any Fish 350 ml OR 170g Tempeh

fat

THUMB-SIZED

- ◆ 30 ml Peanut Butter
- ◆ 30 ml Almond Butter
- ◆ 1/2 of Medium Avocado
- ◆ 30 ml Grassfed Butter
- ◆ 4 (60 ml) Coffee Creamers
- ◆ 60 ml ANY NUTS

*NO Oils

carb

FIST-SIZED

- ◆ 350 mL Mash Sweet Potato
- ◆ 350 mL Mash Red Potato
- ◆ 240 mL Any Bean/Legumes
- ◆ 240 mL Cooked Brown Rice
- ◆ 240 mL Cooked White Rice
- ◆ 3 Slices of Ezekiel Bread
- ◆ 160 mL (dry) Rolled Oats
- ◆ 240 mL Cooked Couscous
- ◆ 250 mL Any Berries
- ◆ 240 mL Cooked Quinoa

veggie

FIST-SIZED

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

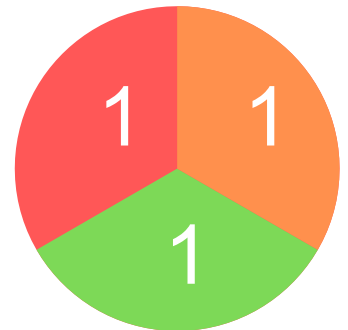


lunch



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

- ◆ 1.4kg Any White Fish
- ◆ 1 680g Carton Egg Whites
- ◆ 1 Carton Eggs
- ◆ 1 680g Cottage Cheese
- ◆ 1 680g Greek Yogurt 1
- ◆ Tub Protein Powder
- ◆ 1.4kg (48oz) Tempeh/Tofu

fat

THUMB-SIZED

- ◆ 1 Jar Peanut Butter
- ◆ 1 Jar Almond Butter
- ◆ 1 Bag of Avocados
- ◆ 1 Container/Bag of Nuts 1 Pack of Coffee Cream

*NO OILS

carb

FIST-SIZED

- ◆ 1 Bag Sweet Potatoes
- ◆ 1 Bag Potatoes
- ◆ 3 Cans Cooked Beans (Any) 3 Cans Cooked Legumes
- ◆ 1 Container Oats
- ◆ 1 Bag White/Brown Rice
- ◆ 1 Frozen Bag Berries
- ◆ 1 Bag Quinoa
- ◆ 1 Bag Couscous
- ◆ 1 Loaf Sprouted Harvest Grain Bread

veggie

FIST-SIZED

1.4kg 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
