



PROFILE / DAY	NON-WORKOUT	WORKOUT
Calories	1,800	2,130
Protein grams	280	306
Fat grams	46	46
Carb grams	74	125
Fiber grams	30	30

BREAKFAST: Meal 1

Shake, Blended

Metabolic Drive® Low-Carb Protein	3 scoops
BIOTEST® Superfood	2 scoops
BIOTEST® Leucine	1 scoop
Milled flaxseed	1 serving
Cold water	24 oz

Supplements

Flameout™ EPA/DHA	1 softgel
Fiber Choice® sugar free (optional)	1 tablet

LUNCH: Meal 2

Shake, Shaken or Blended

Metabolic Drive® Low-Carb Protein	2 scoops
BIOTEST® Leucine	1 scoop
Cold water	16 oz

Supplements

Flameout™ EPA/DHA	1 softgel
Fiber Choice® sugar free (optional)	1 tablet

MID-AFTERNOON: Meal 3

Shake, Shaken or Blended

Metabolic Drive® Low-Carb Protein	3 scoops
Cold water	24 oz

Supplements

Flameout™ EPA/DHA	1 softgel
Fiber Choice® sugar free (optional)	1 tablet

DINNER: Meal 4

Shake, Blended

Metabolic Drive® Low-Carb Protein	2 scoops
BIOTEST® Superfood	2 scoops
BIOTEST® Leucine	1 scoop
Milled flaxseed	1 serving
Cold water	16 oz

Supplements

Flameout™ EPA/DHA	1 softgel
Fiber Choice® sugar free (optional)	1 tablet

BEDTIME: Meal 5

Shake, Blended

Metabolic Drive® Low-Carb Protein	3 scoops
BIOTEST® Leucine	1 scoop
Natural nut butter	210 calories
Cold water	24 oz

Supplements

Flameout™ EPA/DHA	1 softgel
Fiber Choice® sugar free (optional)	1 tablet

WORKOUT NUTRITION

Recovery Drink, Shaken or Stirred

SURGE® Recovery	2 scoops
Cold water	16 oz