



CHAD HOWSE PRESENTS

# THE **MAN** DIET



## Maximizer Recipes

PRE & POST WORKOUT NUTRITION GUIDE

## Man Diet Bonus Recipes: Pre and Post Workout Shakes & Meals

Travelling through Italy only a couple months ago I was faced with a dilemma...

I always put business first, I want to grow this tribe of warriors, men leading awesome lives, to far greater heights than we're at now, which usually means 14+ hour work days, 7 days a week. However, I'd booked a 3-month trip to Italy and I didn't want to waste this potentially life-altering experience, this dream, this grand adventure that I hadn't planned but booked on a whim – something I do all too often.

Thus, the dilemma, do I let the business slide and focus on the travels or do I focus on the business and waste this trip?

What I found was a perfect balance and a blessing in disguise.

Italians don't typically wake up that early. The towns and cities don't actually start moving until 10 or 11am. So every morning I'd wake up at 5 or 6am and work. I shut my internet off knowing that distractions would kill the quality and quantity of the work I was able to accomplish in the 4-5 hours of work I wanted to do every day.

I'd turn the internet on toward the end of the work session and implement all the work I'd done previous.

What I discovered was that with intense, unrelenting focus, I could get as much *good* work done in these 4-5 hours as I had been doing in my longer work days back home *and* experience the incredible journey through Italy and all that wonderful nation had to offer – the history is breathtaking.

The result: The business grew. The site doubled in traffic. The Fan Page took off.

I was able to optimize my minutes spent working. Which is what you need to do from a nutrition and training standpoint to reach your goals, you have to squeeze *the best* from every meal and workout to get the best results, and your pre and post workout nutrition plays a huge role in optimizing your efforts by maximizing your recovery...



... And this guide will help you do this in a big way.

I have no doubt that you can get good results doing whatever you've done in the past. Only a handful of years ago I was limping along with minimal gains, slowly improving following stale and bland workouts and nutrition advice that didn't fix the root causes for my lack of results.

One of the areas in which I needed the most help was in the nutrition surrounding my workout. By simply improving my post workout shake macros and supplementation as well as my post workout meal nutrition I was able to recover much faster from the workouts I was using.

When I eventually combined these pre and post workout meals with the Man Diet, boosting my T levels, lowering my cortisol levels, I was able to squeeze out MAXIMAL results from my training.

That's what nutrition is all about, enabling you to see the *optimal* benefits from the hard work you're doing in the gym and the wrong nutrition can turn a good program into a mediocre one. In this report we'll focus solely on the nutrition and supplementation surrounding your training. It's a report that fits *perfect* with the Man Diet, giving you a few more recipe options and a complete guide to your post workout shake from a macros standpoint as well as a supplementation aspect.

The Man Diet is so effective not only because it maximizes and optimizes your hormones, namely testosterone, but because it creates an environment conducive to recovery.

While we're boosting testosterone levels with our meals away from our workouts, filling them with the best fats at the right times, we're lowering our bad hormones – estrogen and cortisol – *around* our workouts in order to keep our bodies anabolic rather than remaining catabolic (in a state where we're breaking down muscle rather than building it) after training.

That's the importance of a post workout meal, this halting of the protein breakdown that occurs toward the end of training and for up to 3 hours thereafter. By moving our bodies from a catabolic state *back to* an anabolic state where it's repairing the muscle tissue





we've broken down during exercise we're *building muscle* rather than continuing to break it down like we were doing, by necessity, during our training.

This becomes all the more powerful when you're using an effective program...

A good program is special, and it's something you don't want to waste by having bad pre and post workout nutrition.

So how are we bringing our bodies from this necessary catabolic state that we're in when we're breaking down muscle tissue during our workouts to the anabolic state we want to get into so we're seeing the *benefits* of said workouts as fast as possible?

It all has to do with your pre and post workout nutrition. The meals and the supplementation you use before, during, and after your workout set your body up for either effective recovery, allowing you to experience these optimal results from your training, or – and this is the case with most of us – poor pre, during, and post workout nutrition keeps you not only catabolic, but sees you store more body fat and repair less muscle tissue.

Pre and post workout nutrition is incredibly important in helping you get the results you want and the results you now deserve from your hard training, which is why I created this program. Within it you'll find pre and post and during workout meals and supplementation tips, recipes and protocols that will help you move back to this anabolic state immediately following a workout.

Each of the recipes are in line with the Man Diet, whether you want to burn fat or build lean muscle mass will depend completely on your macros, namely carbohydrates.

Within each recipe we'll have a primary focus followed by alterations for the secondary focus. That is, if it's a muscle-building-focused meal, we'll follow it up with alterations that you can make to ensure that while you're building muscle you're also not going to go to far as to store fat if you're prone to storing fat.

The key is not in the goal you have, rather, the type of body you have. If you easily pack on weight, you're going to want to take the fat loss focused meal or alteration, if you're a



skinny guy trying to gain lean muscle you're going to want to take that approach which will typically mean more carbohydrates and *different kinds of* carbohydrates.

With that, let's get started with our pre workout meals.

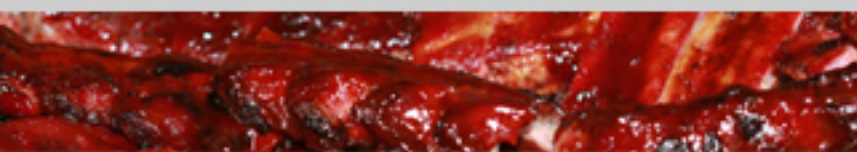
## Pre Workout Nutrition

Pre workout nutrition depends on when you train. I'm a hardgainer, yet since I train in the morning I rarely eat before I train, instead taking BCAA's before and during my workout and starting my post workout shake half way through the training session. If I trained in the afternoon I'd use one of the following meals to not only give me energy but to ensure I'm not burning muscle and storing fat which is the result of a cortisol release that occurs later in a workout.

A couple notes re: fat loss vs muscle building...

1. If you're a *true* hardgainer, and carbs don't make you tired (which they do for me which is why I don't eat them before a workout), then consume some carbs before your workout. It's a personal issue, this intake of carbs, it depends how you react to them.
2. You can have your pre workout meal the night before – I kid you not. This, for me, is a great idea because it fits perfectly with the Man Diet and a meal that's high in carbohydrates helps me sleep. So you have your post workout meal after your workout, your fats meals after that, then before you go to bed in prep for your morning workout the following day, you have one more higher carb meal.

With all the studies they've done on pre workout nutrition they haven't found any great amount of evidence as to *when* it should be consumed other than you should consume

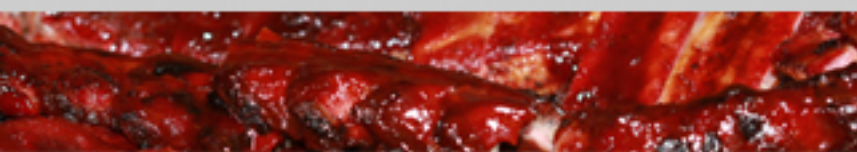


it no *earlier* than two hours before your workout. We've seen benefits from pre workout meals that are even 10 hours prior to the workout or even the day before the workout.

If you're training in the afternoon or the evening, make sure you have that 2 hour buffer before you train after you eat.

3. Guys after fat loss, other than your shakes, have slow carbs – that is carbs that don't induce a high insulin response. These include quinoa, yams, veggies, brown rice and so forth.

Guys after building muscle, you can have whichever carbs you want to have in your *post* workout meal, but still keep them slow in your pre workout meal if you choose to have carbs. In your post workout meal you can have white rice, potatoes, whatever, just keep it as healthy as possible.



## **Pre Workout Meals**

**Meal:** Eggs + Bison Mash

**Focus:** Low Carb/High Fat

**Adjustment for Hardgainers:** Cut the eggs down to 2, add more bison, encase in a wrap and create a breakfast burrito with the same ingredients.

### **Ingredients:**

Spat of butter

5 whole eggs (two for hardgainers)

100 grams of ground bison (300 grams for hardgainers)

Assorted vegetables (broccoli, onions, peppers, chives, and whatever else you fancy)

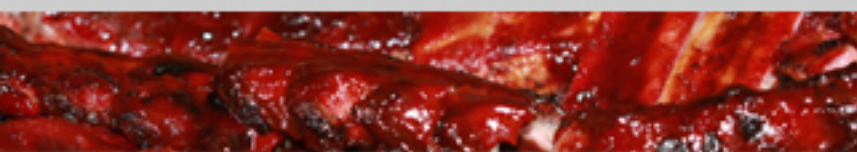
¼ cup of cheddar cheese

Salsa

### **Instructions:**

Heat the pan to just past medium, plop that spat off butter in there, followed by the bison. When the bison is nearly browned (not quite), add in the eggs that have been pre-whipped in a bowl followed by the pre-cut vegetables. Stir and rotate until evenly cooked with the eggs still a tad runny, then add the cheese. Add it to your plate, cover it with salsa, and you're good to go.

For the hardgainers, follow the same instructions for your pre workout meal, except when you add it to your plate, have a burrito shell on the plate waiting for this delicacy. Wrap it up and eat.



**Meal:** Salmon Avocado Pita

**Focus:** Protein/Carb

### Ingredients

6 oz salmon fillet

1 spat butter or coconut oil

2 tsp oregano

½ cup brown rice

1 whole-wheat pita

½ cup baby spinach

1 avocado, sliced

1 tbsp onion, diced

### Instructions:

Fire the pan up, let it warm, add the butter or the coconut oil (remember, we don't use olive oil because it turns into a trans fat when heated). Cook 5-6 minutes a side, and feel free to pre-chop it up and cook it in slices, it'll cook faster that way.

Rice – I highly recommend just doing this a day or two earlier and having it on hand as it can take a bit to cook it up. Cook accordingly to the instructions on the package which I always ignore and instead put a cup of rice in with 1.2times the amount of water and let it simmer for 15 minutes, testing along the way. But that's me, try using the instructions first.

Add everything you want to use to the pita. We've included recommendations above with the macros below, but if there's something else you want to add please do.

There are no adjustments for hardgainers vs fat loss guys other than if you're a fat loss guy and you don't like eating carbs before a workout – like myself minus the fat loss guy – get rid of the pita and just enjoy a salmon fillet.





**Meal:** Grilled Cod over Brown Rice

**Focus:** High protein/carb

**Ingredients:**

1 tbsp coconut oil

8 oz cod fillet

2 tsp oregano

4 spears asparagus

½ cup brown rice (1 cup for hardgainers)

1 tbsp lemon juice

**Instructions:**

Fire up the skillet, add the coconut oil or butter – whichever you prefer – plop the cod on there (you can replace this with whichever fish you fancy or have readily available). Cook for 4-6 minutes, then add the asparagus to skillet and cook until bright green, about 3 minutes.

Cook rice according to package instructions or as I stated in the previous recipe.

Dump the fish over the rice and top with asparagus. Drizzle with lemon juice and serve.



**Meal:** Eggs + Bacon Omelette

**Focus:** High fat/low carb

**Adjustment:** Hardgainers, don't make adjustments to this, if you find that you need carbs before a workout have one of the meals above with a higher carb intake, this meal is purely for boosting testosterone and maybe my favorite pre workout meal if I have a pre workout meal.

**Ingredients:**

6 whole eggs

2-3 strips of grass-fed bacon (or regular if needed)

Handful of chives

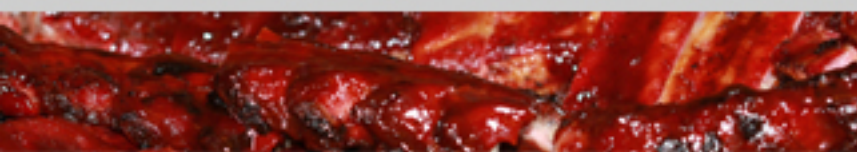
¼ cup of ground cheddar cheese

1 spat of butter

**Instructions:**

Fire that pan up to just above medium. Add the butter. Then the bacon that's cut up into smaller bits or strips. Fry until it's just about to your satisfaction, but not quite. Take the bacon off. Add the eggs into the bacon fat and let it simmer. Then add the bacon back in the egg, along with the cheese and the chives (that have been cut up already). Flip the egg when the surface is tough enough. Flip again as needed, leaving the insides at least a tad runny, and there you have it.

Get it off the pan, on to a plate, and into yo mouth and enjoy.



## Post Workout Meals

While pre workout meals are good, post workout meals and nutrition are where you're going to see the most benefits. The rest of this ebook isn't just about post workout meal guides like the first section was about for pre workout recipes, we're going to have a brief look at supplementation and timing for both your shake, supplements, and this post workout meal.

The main thing with your post workout meal is to have a higher than usual carb intake. This is where the majority of your carbs should come from anyhow, whether you're trying to burn fat or build muscle.

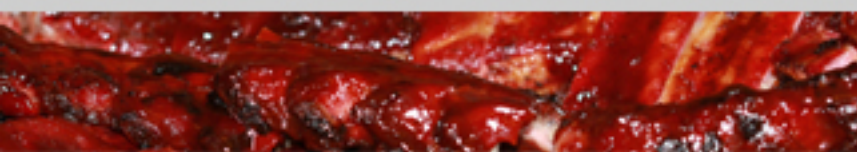
### Supplementation/Post Workout Shake Ingredients

Pre workout, that is, 20 minutes before you start training take 10 grams of BCAAs. Take another 12 grams of BCAA's during your workout, about 1/3-1/2 of the way through, depending on when you're going to take your post workout shake (I take mine starting at the half way mark of my workout).

The BCAA's I recommend: BCAAxd by Bluestar

Personally, I also like consuming a pre workout shake. This is a personal matter though. I can't stand walking into a workout without enough energy, nor without feeling those insane pumps that you feel when you're training hard. This is up to you though, I wouldn't spend money you don't have on a pre workout supplement, but if you have some extra dollar bills lying around it's better you buy this – which isn't expensive per serving – than some extra coffee or a post workout burger for McDick's.

The Pre Workout I recommend: P.K.K. (It's a KILLER pre workout)



## “Post” Workout Shake

Along with the fats meals that will help you boost your T levels, this is the most important meal of your day and it's not even a meal – actually, it's tied with the BCAA's that you take before and during a workout, and those aren't even a meal.

The PW shake is so important because it does what the BCAA's do, stopping the protein breakdown that occurs with exercise, but it also floods your body with nutrients when you need them most, when you're breaking your body down and its craving for nourishment.

The key, then, is to feed your body the *right* nutrients. So here's what you should *ideally* have in your post workout shake...

### a. Protein

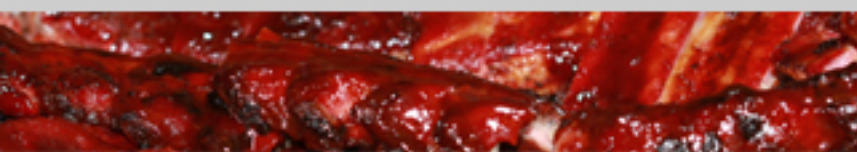
A good protein powder is invaluable. It'll help you not only spike your insulin levels, helping you bring that muscle breakdown to an end, but it'll start repairing that muscle tissue that you've broken down, remember that's what protein does. It's a tissue-repairer.

The protein powder I recommend: ISO SMOOTH (It's a tri-blend, which will give you more overall protein absorption, feeding your muscles better than single-blend proteins).

### b. Vitamin D3

We should all now know that vitamin D is maybe the most important nutrient for the human body, and even more important for men as it “free's” our testosterone levels to do what they're meant to do: repair our muscles and make us more optimal men.

I add a drop of Athletic Greens liquid (higher quality) D3 into my post workout shake. I have another drop upon rising and a tablet or two of a smaller dose before bed, reaching my winter intake of 10,000 IU's. In summer, with being in the sun, I cut that intake down by 2-3,000 IU's.





I HIGHLY recommend this form of D3: [Athletic Greens Optimal Quality D3](#)

### **c. Zinc**

Zinc blocks aromatase, which is a precursor to estrogen. Taking this after a workout ensures that you're crushing this female hormone before it has a chance to rise. On off days take zinc before bed.

**d. Vitamin C (zinc and C are both contained within Athletic Greens, so if you get the Greens there's no need to add further C or zinc).**

Vitamin C does a great job of lowering cortisol levels. Everything we've talked about thus far is essentially in the name of lowering or stopping this rise of cortisol that happens toward the end of a hard workout session and maintains for a while thereafter.

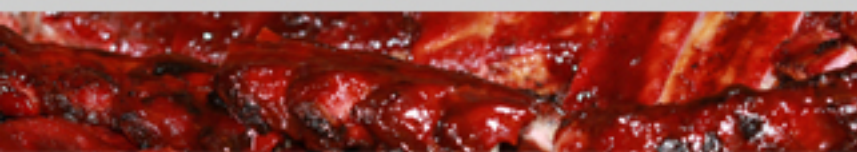
BCAA's aid in this, as does insulin that will come from the carbs you've added to your shake, and C does as well. So consume a chewable C vitamin or add some in the liquid form to your shake. Either way, add this to your post workout routine if you're not getting it from the fruits you're consuming with the shake, or the Athletic Greens, which is next.

### **e. Athletic Greens (the nutrient-rich cocktail of champions)**

I love this stuff. You simply can't consume this amount of veggies in a single serving (up to 12 per serving) in this incredible variety. Athletic Greens has been a great addition to my pre and post workout nutrition as I take a scoop prior to my workout as well as after in the shake.

There are other greens supplements that are awesome, and I suggest you supplement with them just to get that variety in your diet, but Athletic Greens, this specific brand, takes the cake and runs with it.

Discover more about Athletic Greens here: [Athletic Greens Super Food](#)



## **f. Carbs**

With your post workout shake have at least a 1:1 carbs to protein ratio. For the hardgainers you can up that to as much as 2:1, but I've kept it at 1:1 and it's been fine for me, no need to bump it up at all, in fact with whey protein giving you a big spike in insulin, you're essentially just after a few more calories, so that 2:1 ratio may be even a bit much.

Kinds of carbs that are best:

Powerade or Gatorade are great options.

Assorted berries is my favorite, but any fruit or fruit juice will suffice.



## Bison, Sweet Potato and Assorted Vegetables

### Ingredients

1 Spat butter or coconut oil  
1 tbsp red onion, diced  
¼ cup mushrooms, sliced  
1 clove garlic, finely chopped  
8 oz bison steak  
Salt and black pepper to taste  
Assorted veggies (as much variety as possible)  
1-2 sweet potato(es)

### Instructions:

Heat the butter in the skillet at around medium. Add the onion, cook until soft, then add mushrooms and garlic. Sauté for 2 minutes, then set everything aside on a plate.

Add the bison to the skillet. Reduce heat to low, contents back on the skillet along with the assorted veggies. Cover and cook for 10 minutes.

Put the potato in the nuker for 10 minutes, make sure to poke holes in it first, then let it rest for 5 when done.



## Chicken Sandwich

### Ingredients

- 1 to 2 lb. boneless, skinless chicken thighs
- 1 large onion, chopped
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1/4 cup chicken broth
- Black pepper, to taste
- 1 cup barbecue sauce
- 1 cup Monterey jack cheese, shredded

### Directions

Place onion and bell peppers in crockpot and top with chicken thighs. Pour chicken broth over chicken. Season with cracked black pepper and cook on low for 6 to 8 hours. At the end of cooking time, drain liquid from pot and shred chicken. Return chicken to the crockpot and mix in barbecue sauce. Cook another 30 minutes. Spoon mixture into split dinner rolls and top with shredded Monterey jack cheese.





## Bison Burrito

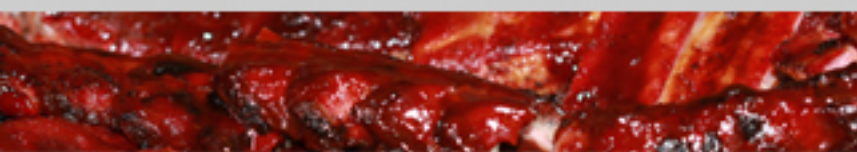
### Ingredients:

300g bison  
2-3 burrito wraps  
salsa to your liking (not counted in calcs below)  
cheese to your liking (not counted in calcs below)  
¼ cup onion  
¼ cup cucumber  
¼ cup tomato  
1 teaspoon coconut oil

### Directions:

Fire up the skillet to medium or just above. Add the coconut oil until it's slightly simmering, then add in the ground bison, breaking it down as to increase the surface area. Put the burrito wraps in the nuke for 20 seconds. When they're out you have an important decision to make, do you dress them now with all the fixin's, or do you add the bison *then* dress them?

I like adding the fresh veggies and salsa and cheese prior to the finishing of the bison. But it's up to you. Either way, this takes no more than 10 minutes to make, which makes it perfect for the busy guy aiming to get a quick meal in after a workout.



## French Toast

**Serves:** 1

### **Ingredients:**

1/3 cup milk  
1/2 teaspoon vanilla  
1/8 teaspoon ground cinnamon  
2 tablespoons butter or margarine  
6 (1 inch thick) slices whole wheat bread (white for the hardgainers)  
1/3 cup of maple syrup  
8 egg whites

### **Directions:**

1. Combine all ingredients except butter and bread in medium bowl. Beat mixture with fork until it comes to a froth.
2. Heat butter in 12-inch nonstick skillet over medium heat until sizzling. Dip bread slices in egg whites mixture. Cook 3 to 4 minutes, turning once, until golden brown on both sides.
3. Serve immediately with warm maple syrup.

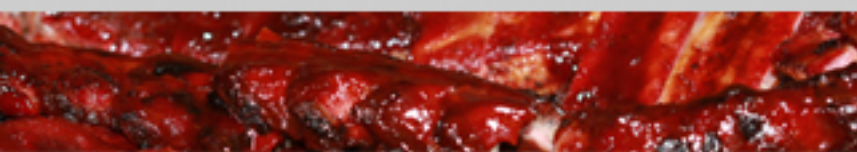


## **Making your OWN pre and post workout meals.**

The recipes above are great. In setting up this guide I went through all of them to make sure they were not only simple, but effective and healthy, but that doesn't mean your imagination should stop there. Ideally, yes, you get on autopilot with your nutrition, but with your post workout nutrition there are only a few rules that you should follow, allowing you a TON of freedom in the process.

### **10 Rules to Workout Nutrition**

1. Eat your pre workout meal 2 hours or more before training. If you don't eat before your workout, make sure you take BCAA's.
2. It's better to backload carbs than to pre-load them. This is covered at length in the Man Diet, but we backload our carbs for two reasons:
  - a. Carbs spike our energy levels, but only for a moment. The resulting crash can kill a workout.
  - b. Our insulin sensitivity is at its height after a workout which means we're going to be using our carbs to fuel our muscles and recovery rather than storing them as fat.
3. Start your post workout shake halfway through your workout to ensure you quell the cortisol rise and avoid muscle loss – this goes for the fat loss fellas as well.
4. Creatine is best taken post workout. I don't know why, but every study out has concluded that it's most effective after rather than before.
5. Keeping fats low with your post workout meal isn't simply about avoiding the absorption of fat with the increased intake of carbs, it's about protein absorption. Fat dulls the body's ability to absorb protein, so separate them around the workout. Another reason why we use bison over beef after a workout.
6. Variety is key. Within each of the meals above you can alternate proteins and fats and carbs. You can change your sweet potatoes to yams or brown rice or whatever you want. Play with each of the recipes and increase the variety in your diet which will



increase your ability to absorb the nutrients you're consuming which will help you recover faster.

The same goes for the carbs in your post workout shake. Mix things up. If you're always eating the same foods you run the risk of diminishing that absorption and creating food allergies. This is also where Athletic Greens becomes all the more important.

7. Whey protein is awesome. Make it a casein, whey, and whey isolate protein like the one mentioned earlier, and it's even better. Whey is one of the most thermogenic foods you can consume. So while it's helping you repair muscle tissue it's also helping you burn fat.

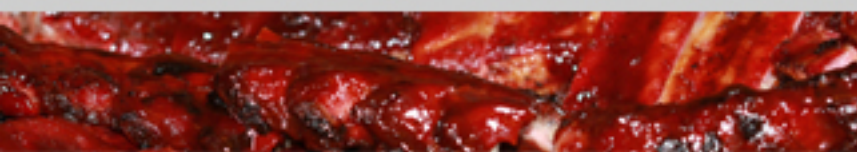
8. Remember what your post workout meal is: your recovery meal. This is the most important meal of your training days. On your days off all of your meals become important and should be higher in fats as to atone for the lack of the high carb post workout meal. So have this meal high in quality and high in nutrients.

Have vegetables with EVERY post workout meal you have as well as every pre workout meal you have.

9. You have your post workout meal shake starting halfway through your workout. You then follow that up with your post workout meal 60-90 minutes after you leave the gym (not after the shake you have starting at the halfway point of your workout, finishing at its end).

10. Speaking of variety, find a good butcher. This, as much as anything else, will help you create enough variety from the proteins and fats side of your diet, which is just as important as the vegetables aspect of your diet.

That's mission #1. Find a good butcher, then follow this guide and kick some ass in the process.

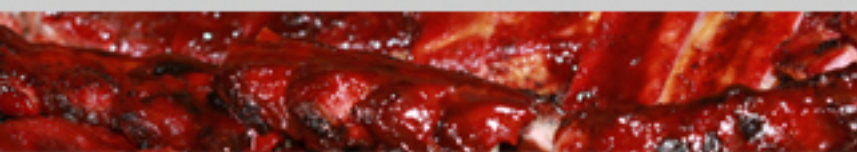




Eggs + Bison Mash	Calories	Fat	Protein	Carbs	Fiber
butter					
5 whole eggs	360	25	31	2	0
100 grams ground bison	179	9	25	0	0
vegetables					
1/4 cup of cheese	114	9.36	7.03	0.36	0
salsa					
<b>Total</b>	<b>653</b>	<b>43.36</b>	<b>63.03</b>	<b>2.36</b>	<b>0</b>

Salmon Avocado Pita	Calories	Fat	Protein	Carbs	Fiber
6 oz salmon fillet	354	22	34	0	0
1 spat butter or coconut oil	39	5	0	0	0
2 tsp oregano	6	0	0	2	0
1/2 cup brown rice	109	0.8	2.26	22.9	1.8
1 whole-wheat pita	170	1.6	6.2	35.2	4.7
1/2 cup baby spinach	3	0.06	0.43	0.54	0.3
1 avocado	227	21	3	12	9
1 tbsp onion	4	0	0	1	0
<b>Total</b>	<b>912</b>	<b>50.46</b>	<b>45.89</b>	<b>73.64</b>	<b>15.8</b>

Grilled Cod Over Brown Rice	Calories	Fat	Protein	Carbs	Fiber
1 tbsp coconut oil	116	14	0	0	0
8 oz cod fillet	186	1.5	40.37	0	0
2 tsp oregano	6	0	0	2	0
4 spears asparagus	13	0.08	1.41	2.48	1.3



1/2 cup brown rice	109	0.8	2.26	22.9	1.8
1 tbsp lemon juice	3.5	0	0	2	0
<b>Total</b>	<b>433.5</b>	<b>16.38</b>	<b>44.04</b>	<b>29.38</b>	<b>3.1</b>

Eggs + Bacon Omelette	Calories	Fat	Protein	Carbs	Fiber
6 whole eggs	441	29.8	37.7	2.3	0
2-3 strips of bacon	208	20.42	5.26	0.3	0
1/4 cup of gr ched cheese	114	9.3	7	0.36	0
butter					
Total	763	59.52	49.96	2.96	0
Bison, Sweet Potatoes, Veg	Calories	Fat	Protein	Carbs	Fiber
1 tbsp red onion(used regular)	4	0	0	1	0
1/4 cup mushrooms	14	0	2	2	2
1 clove garlic	4	0	0	1	0
8 oz bison steak	256	5.4	48.5	0	0
1-2 sweet potatoes	103	0.17	2.29	23.6	3.8
<b>Total</b>	<b>381</b>	<b>5.57</b>	<b>52.79</b>	<b>27.6</b>	<b>5.8</b>



Chicken Sandwich	Calories	Fat	Protein	Carbs	Fiber
1-2lbs boneless ch, thigh	563	29.3	69.9	0	0
1 large onion chopped	60	0	2	14	3
1 red bell pepper	15	0	0.5	4	1
1 green bell pepper	30	0	1	8	2
1/4 cup chicken broth	2	0	0	0	0
1 cup monterey jack cheese	421	34.2	27.6	0.77	0
1 cup barbecue sauce	188	4.5	4.5	32	3
<b>Total</b>	<b>1279</b>	<b>68</b>	<b>105.5</b>	<b>58.77</b>	<b>9</b>

Bison Burrito	Calories	Fat	Protein	Carbs	Fiber
300 g bison	327	5.5	64.8	0	0
2-3 burrito wraps	280	10	6	40	6
1/4 cup onion	17	0.03	0.37	4	0.6
1/4 cup cucumber	4	0.03	0.17	0.94	0.1
1/4 cup tomato	8	0.09	0.4	1.76	0.5
1 teaspoon coconut oil	39	5	0	0	0
<b>Total</b>	<b>675</b>	<b>20.65</b>	<b>71.74</b>	<b>46.7</b>	<b>7.2</b>



French Toast	Calories	Fat	Protein	Carbs	Fiber
1/3 cup milk	33.8	0	2.6	5.2	0
1/2 teaspoon vanilla	6	0	0	0.5	0
1/8 teaspoon cinnamon	0.75	0	0	0.25	0.125
2 tbsp butter	200	22	0	0	0
6 slices whole wheat bread	414	6	24	72	12
1/3 cup maple syrup	189.8	0	0	49.4	0
8 egg whites	137	0.45	28.7	1.93	0
<b>Totals</b>	<b>981.35</b>	<b>28.45</b>	<b>55.3</b>	<b>129.28</b>	<b>12.125</b>

