

THE **MANDIET**

MEAL LOG

CHAD HOWSE PRESENTS

THE **MAN** DIET

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Chad Howse Presents...

The Man Diet

Meal Log

It's important to get into a routine. Having a meal log will help you do that.

Use this meal log for *at least* the first two weeks to get into the routine of eating the right foods at the right time.

Listen, I know it's not *ideal* to have to think about eating certain foods at certain times. It's *ideal* to be able to eat whatever the hell we want, *whenever* the hell we want to eat it.

Alas, that's not healthy.

While we *can* ENJOY each meal we have, we have to be smart about it. We have to, at least, use some strategy with our diets, and this meal guide will help you do that.

Plug in your meals where they fit. Each meal will be labeled with the *kind* of macros that should dominate the meal. For example, "fats/proteins", and "carbs/proteins" are the two primary categories.

Method: Intermittent Fasting

Schedule for those who workout in the **MORNING**:

Sample Daily Timeline for <i>Non-Workout Days</i>	Sample Daily Timeline for <i>Workout Days</i>
11am – FIRST Meal: Protein + Fats (no carbs) Protein: _____ Fat: _____	7am – Workout Note: Adhere to the pre/during workout nutrition guidelines that are still to come.
1pm – Meal Protein + Fats (no carbs) Protein: _____ Fat: _____	8am - Post Workout Shake (include carbs) Protein: _____ Carb: _____
2pm – Meal Protein + Fats (no carbs) Protein: _____ Fat: _____	8:15am – Meal (include carbs) Protein: _____ Carb: _____
6:30pm – LAST Meal Protein + Fats (no carbs) Protein: _____ Fat: _____	12pm – Meal Protein + Fats (no carbs) Protein: _____ Fat: _____
FASTING – 6:30pm – 8am <i>tomorrow</i>	3:30pm – LAST Meal Protein + Fats (no carbs)

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Protein: _____

Fat: _____

FASTING – 7:30pm to 1pm
tomorrow

Schedule for those who workout in the EVENING:

Sample Daily Timeline for <i>Non-Workout Days</i>	Sample Daily Timeline for <i>Workout Days</i>
1pm – FIRST Meal Protein + Fats (no carbs) Protein: _____ Fat: _____	12pm – FIRST Meal Protein + Fats (no carbs) Protein: _____ Fat: _____
3pm – Meal Protein + Fats (no carbs) Protein: _____ Fat: _____	2pm – Meal Protein + Fats (no carbs) Protein: _____ Fat: _____
6pm – Meal Protein + Fats (no carbs) Protein: _____ Fat: _____	5pm – Workout
8:30pm – LAST Meal Protein + Fats (no carbs) Protein: _____ Fat: _____	6pm – Post Workout Shake (include carbs) Protein: _____ Carb: _____
FASTING – 8:30 – 12PM <i>tomorrow</i>	6:15pm - Meal (include carbs)
	7:30pm – LAST Meal Gaining muscle: Include carbs.

**Burning fat: Protein + Fats (no
carbs)**

Protein: _____

Fat: _____

FASTING – 8:00 to 1pm ***tomorrow***

Method: Meal Timing

Sample Daily Timeline for <i>Non-Workout Days</i>	Sample Daily Timeline for <i>Workout Days</i>
9am – FIRST Meal Protein + Fats (no carbs) Protein: _____ Fat: _____	7am – Workout
1pm – Meal – Protein + Fats (no carbs) Protein: _____ Fat: _____	8am - Post Workout Shake (include carbs) Protein: _____ Carb: _____
3pm – Meal – Protein + Fats Protein: _____ Fat: _____	8:15am – Meal (include carbs) Protein: _____ Carb: _____
6:30pm – Meal - Protein + Fats (no carbs) Protein: _____ Fat: _____	12pm – Meal – Protein + Fats (no carbs) Protein: _____ Fat: _____

8:30pm – Snack - Protein + Fats (no carbs)
Protein: _____
Fat: _____

3:30pm – Meal – Protein + Fats (no carbs)
Protein: _____
Fat: _____
6:30pm – Meal – Protein + Fats (no carbs)
Protein: _____
Fat: _____

Schedule for those who workout in the EVENING:

Sample Daily Timeline for <i>Non-Workout</i> Days
9am – FIRST Meal Protein + Fats (no carbs)
1pm – Meal Protein + Fats (no carbs)
Protein: _____

Sample Daily Timeline for <i>Workout</i> Days
9am – FIRST Meal Protein + Fats (no carbs)
Protein: _____
Fat: _____
2pm – Meal Protein + Fats (no carbs)
Protein: _____

Fat: _____	Fat: _____
5pm – Meal Protein + Fats (no carbs) Protein: _____ Fat: _____	5pm – Workout
8:30pm – LAST Meal Protein + Fats (no carbs) Protein: _____ Fat: _____	6pm – Post Workout Shake (include carbs) Protein: _____ Carb: _____
	6:15pm - Meal (include carbs) Protein: _____ Carb: _____
	7:30pm – LAST Meal Fat Loss: Protein + Fats (no carbs) Muscle Gains: Protein + Fats (no carbs) Protein: _____ Fat: _____