

Chad Howse's

FIX YOUR FAT LOSS

Hormones

Meal Plans: 2000kcal



FIX YOUR FAT LOSS HORMONES

MEAL PLANS: 2000kcal

DARE MIGHTY THINGS INC.

© 2015

TABLE OF

CONTENTS

TRAINING DAY MEAL PLAN #1	4
TRAINING DAY MEAL PLAN #2.....	5
TRAINING DAY MEAL PLAN #3	6
TRAINING DAY MEAL PLAN #4	7
REST DAY MEAL PLAN #1	8
REST DAY MEAL PLAN #2	9

TRAINING DAY MEAL PLAN #1

Upon Rising: [1 Scoop Athletic Greens](#)

Meal #1

3oz Steak
2 Whole Eggs
1 Cup Mixed Vegetables
1 oz Almonds
[2g Fish Oil](#)

Pre Workout: [10g BCAA](#)

Post Workout Shake

[1 Scoop Whey Protein](#)
[1 Scoop Athletic Greens](#)
1 Banana
½ Cup Rolled Oats (uncooked)
4oz. Fat Free Greek Yogurt
1 tsp. Cinnamon
[5g Creatine](#)

Post Workout Meal

4oz. Chicken Breast
1 Cup Brown Rice
1 Cup Steamed Broccoli
4oz. Sweet Potato

Recovery Meal

4oz. Chicken Breast
1 tbsp. Flax Seed Oil
1 Cup Broccoli
2.5oz Avocado

Meal #4

3oz Steak
½ Cup Brown Rice
1 Cup Mixed Vegetables

TRAINING DAY MEAL PLAN #2

Upon Rising: 1 Scoop Athletic Greens
Meal #1
4 Slices Bacon 3 Whole Eggs 1 Cup Steamed Broccoli 2g Fish Oil Pre Workout: 10g BCAA
Post Workout Shake
2 Scoop Whey Protein 1 Scoop Athletic Greens 2 Tbsp. Honey 1 Banana 1 tsp. Cinnamon 5g Creatine
Post Workout Meal
5oz. Lean Ground Turkey Breast 3oz Multigrain Pasta 1 Cup Spinach
Recovery Meal
3.5oz Veal 1 tbsp. Flax Seed Oil 1 Cup Steamed Broccoli
Meal #4
3oz Lean Ground Turkey 2oz Multigrain Pasta 1 Cup Spinach

TRAINING DAY MEAL PLAN #3

Upon Rising: [1 Scoop Athletic Greens](#)

Meal #1

4 Slices Bacon
3 Whole Eggs
1 Cup Spinach
1 oz Almonds
[2g Fish Oil](#)

Pre Workout: [10g BCAA](#)

Post Workout Shake

[2 Scoop Whey Protein](#)
[1 Scoop Athletic Greens](#)
1 Tbsp. Honey
1 Cup Rolled Oats
1 tsp. Cinnamon
[5g Creatine](#)

Post Workout Meal

4oz. Chicken Breast
½ Cup White Rice
1/3 Cup Black Beans
1 Cup Mixed Vegetables

Recovery Meal

2.5oz Steak
3 Whole Eggs
1 Cup Steamed Broccoli

Meal #4

3oz Ground Beef (85/15)
4.5oz Baked Potato
1 Cup Steamed Broccoli

TRAINING DAY MEAL PLAN #4

Upon Rising: [1 Scoop Athletic Greens](#)

Meal #1

2.5oz Salmon
2 Whole Eggs
1 Cup Spinach
1 oz Mixed Nuts

Pre Workout: [10g BCAA](#)

Post Workout Shake

[2 Scoop Whey Protein](#)
[1 Scoop Athletic Greens](#)
2 Tbsp. Honey
½ Cup Rolled Oats
4oz Fat Free Greek Yogurt
1 tsp. Cinnamon
[5g Creatine](#)

Post Workout Meal

4oz. Chicken Breast
1 Cup Brown Rice
1 Cup Steamed Broccoli
4.5oz Baked Potato

Recovery Meal

3oz Veal
2oz Avocado
1 Cup Steamed Broccoli

Meal #4

4oz. Chicken Breast
½ Cup White Rice
1 Cup Steamed Broccoli
4.5oz Baked Potato

REST DAY MEAL PLAN #1

Upon Rising: [1 Scoop Athletic Greens](#)

Meal #1

3oz Steak
2 Whole Eggs
1 Cup Mixed Vegetables
1oz Almonds
[2g Fish Oil](#)

Meal #2

4oz. Chicken Breast
1 Cup Brown Rice
1 Cup Steamed Broccoli
4oz. Sweet Potato

Meal #3

4oz. Chicken Breast
1 tbsp. Flax Seed Oil
1 Cup Broccoli
2.5oz Avocado

Meal #4

3oz Steak
½ Cup Brown Rice
1 Cup Mixed Vegetables

REST DAY MEAL PLAN #2

Upon Rising: [1 Scoop Athletic Greens](#)

Meal #1

4 Slices Bacon
3 Whole Eggs
1 Cup Steamed Broccoli
[2g Fish Oil](#)

Meal #2

5oz. Lean Ground Turkey Breast
3oz Multigrain Pasta
1 Cup Spinach

Meal #3

3.5oz Veal
1 tbsp. Flax Seed Oil
1 Cup Steamed Broccoli

Meal #4

3oz Lean Ground Turkey
2oz Multigrain Pasta
1 Cup Spinach