

Chad Howse's

FIX YOUR FAT LOSS

Hormones

Meal Plans: 2400kcal



FIX YOUR FAT LOSS HORMONES

MEAL PLANS: 2400kcal

DARE MIGHTY THINGS INC.

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TRAINING DAY MEAL PLAN #1

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

Meal #1

3oz Steak
3 Whole Eggs
1 oz Almonds
[3g Fish Oil](#)

Pre Workout: [15g BCAA](#)

Post Workout Shake

[1 Scoop Whey Protein](#)
[1 Scoop Athletic Greens](#)
1 Banana
1 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
5oz. Sweet Potato

Recovery Meal

4oz. Chicken Breast
2 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 2oz Egg Whites 3g Fish Oil Pre Workout: 15g 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 4oz Multigrain Pasta 1 Cup Spinach
Recovery Meal
4.5oz Veal 1 tbsp. Flax Seed Oil 1 Cup Steamed Broccoli
Meal #4
5oz Lean Ground Turkey 3oz Multigrain Pasta 1 Cup Spinach

TRAINING DAY MEAL PLAN #3

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

Meal #1

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

Pre Workout: [15g 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
1 Cup White Rice
1 Cup Black Beans
1 Cup Mixed Vegetables

Recovery Meal

3.5oz Steak
4 Whole Eggs
1 Cup Steamed Broccoli

Meal #4

3.5oz 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

3.5oz Salmon
3 Whole Eggs
1 Cup Spinach
1 oz Mixed Nuts

Pre Workout: [15g BCAA](#)

Post Workout Shake

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

Post Workout Meal

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

Recovery Meal

3.5oz Veal
2oz Avocado
1 Cup Steamed Broccoli

Meal #4

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

REST DAY MEAL PLAN #1

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

Meal #1

3.5oz Steak
3 Whole Eggs
1oz Almonds
[3g Fish Oil](#)

Meal #2

4oz. Chicken Breast
1 Cup Brown Rice
1 Cup Steamed Broccoli
5oz. Sweet Potato

Meal #3

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

Meal #4

4oz Steak
1 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
2oz Egg Whites
1 Cup Steamed Broccoli
[3g Fish Oil](#)

Meal #2

5oz. Lean Ground Turkey Breast
4oz Multigrain Pasta
1 Cup Spinach

Meal #3

4oz Veal
1 & ½ tbsp. Flax Seed Oil
1 Cup Steamed Broccoli

Meal #4

4oz Lean Ground Turkey
3oz Multigrain Pasta
1 Cup Spinach