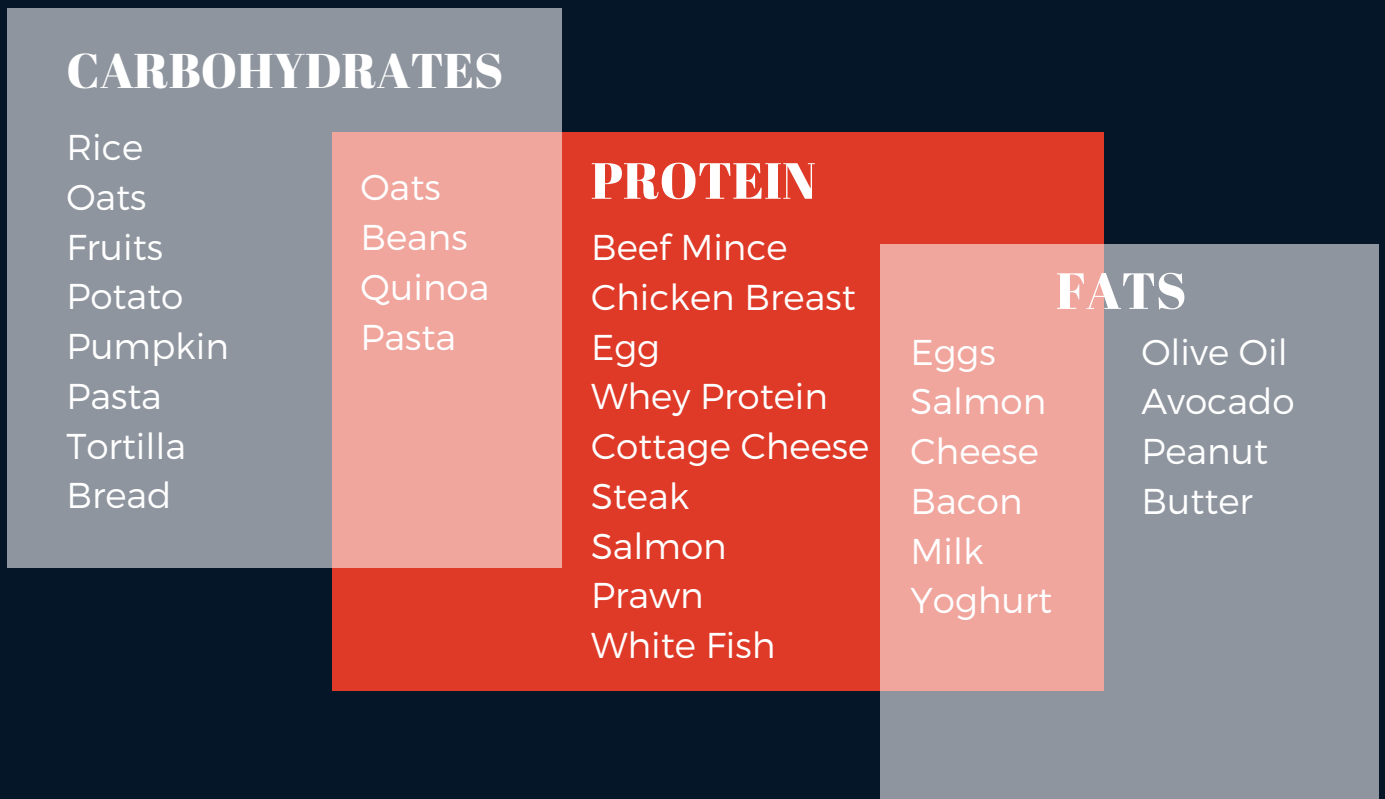


Use the cheat sheet to build meals and hit your macro target on Myfitnesspal eating a flexible diet!



## macronutrients:

Food is energy and good energy is needed to burn fat and build muscle. From the macronutrients above, choose your main sources of foods from each category. Notice that some foods have combination of TWO macronutrients which will make protein count easy.

You can't misuse the term FLEXIBLE and fit anything in your macros, quality of food matters!

# Meal 1

<b>Meal 1</b>	<b>431 of 340</b>
Carbs 61g · Fat 11g · Protein 35g	
Frozen Mixed Berries 50.0 gram(s)	23
Smooth Peanut Butter Mayver's, 10.0 gram	62
Iso Whey Biotechusa Tory Iso Whey, 25.0 g	46
Quick Oats Oats, 80.0 gram	300

## INSTRUCTIONS

Measure your oats in a container.

Add all ingredients.

Add enough water and mix through.

Leave in fridge overnight.

Enjoy it right after training.

# Meal 2

Carbs 16g · Fat 5g · Protein 36g	
Red Capsicum Vegetable, 50.0 g	21
Carrots, raw 100.0 g	41
Green bean 50.0 gram	16
Chicken Breast Raw 150.0 gram(s)	180

## INSTRUCTIONS

Measure your chicken and rice before cooking.

decide how many days you want to prepare for.

You have 400g of chicken per day. If you want to cook for 3 days then, measure 1200g and cook at once.

Once cooked, divide evenly into 3 containers.

Do the same for the next 3 days.

Keep EVERY DAY same and only do flexible diet with enough preparation.



# PRE-WORKOUT

## INSTRUCTIONS

Place jar of jam on scale and set to zero. Take 30g out and apply on rice cakes.  
sprinkle some salt.

x2 thick rice cakes only.

Purchase supplements individually from Bulknutrients, that way you can control your intake. You can also get pre-mixed with caffeine.

<b>Pre-workout</b>	<b>199 of 340</b>
Carbs 30g · Fat 0g · Protein 28g	
Original Thick Rice Cake Sunrice, 12.5 g (2 pieces)	49
Strawberry Jam Cottee's, 30.0 g	84
creatine monohydrate creatine mono, 5.0 grams	0
Beta Alanine (Correct) Beta Alanine, 5.0 gram	20
Salt Himalayan Pink Salt, 0.2 g	0
Iso Whey Biotechusa Tory Iso Whey, 25.0 g	46

## Meal 3

<b>Post-workout</b>	<b>346 of 340</b>
Carbs 42g · Fat 2g · Protein 50g	
Carrots 100.0 gram	41
Capsicum 50.0 gram	11
Raw Sweet Potato, 150.0 g	129
Breast, Raw Chicken, 150.0 g	165

THIS CAN BE YOUR POST WORKOUT MEAL  
OR AN AFTERNOON MEAL.

ABOUT 20ML OF LOW FAT SAUCES PER  
DAY IS ALLOWED.

FRANK'S HOT SAUCE WILL BRING  
SOME EXCITEMENT WITH CLEAN EATING.

## LAST MEAL OF DAY

<b>Meal 5</b>		<b>628 of 340</b>
Carbs 65g · Fat 20g · Protein 51g		
Zucchini Raw, 0.2 kg(s)		21
Pumpkin, raw 300.0 g		78
Quick Cups - Brown Rice Sunrise, 1.0 cup (125g)		211
Avocados Hass, 50.0 g		83
Raw - Lean Nz Beef Mince, 200.0 g		235

Be creative around dinner time and source out high protein meals.

If extra hungry and not enough calories left, then increase your food volume by adding more Green vegetables and resort to low carb alternatives like Pumpkin and Low carb wrap.

Track everything though!

Quick cup rice is for your convinience, I'd rather you prepare your rice fresh. That way you can afford to eat more without the added oil.

## HEALTHY TREAT/SNACK

<b>Meal 6</b>		<b>104 of 300</b>
Carbs 7g · Fat 8g · Protein 2g		
Lindt Dark Chocolate 70% Lindt, 20.0 grammi		104

Other snacks include;

Greek yoghurt + whey protein + berries.

Mix bowl of steamed vegetables.

## **FLEXIBLE DIETING:**

You can't do flexible diet on the go. Ensure your meals are prepared in advance.

If you'd like to change a specific food/meal, then build the meals in your Myfitnesspal and change the foods. Ensure the carbs, fats and protein are same as the one on your plan.

Pre-workout and Post workout meals have to be timed according to your training time. The rest of the meals can be eaten based on your schedule and hunger.

**The above macro nutrient is calculated using Myfitnesspal based on 2000 Calorie. P: 211g C: 226g F: 42g**

**If you'd like a custom macro split of yours then reach out to us:**



**sohrab\_bodyrecomp**



**[www.bodyrecomp.com.au](http://www.bodyrecomp.com.au)**

