



Sugar Shredz Nutrition & Training Team



SAMPLE NUTRITION PLAN

Different Plans Offered:

- Carb Rotation
- Daily Balance
- Reverse Dieting
- Muscle Gains
- Competitive Prep

There is a science behind each nutritional guide depending on the person. Some things will work and some things will not. It is up to you to communicate with your trainer on your energy levels, hunger levels, and over all well being with your nutritional guide so the appropriate changes can be made.

Carb Rotation Sample:

Your purple days are going to be your low carbohydrate days.

Your blue days are going to be your carbohydrate load days.

Your green days are going to be your one free meal days.

Each Bullet Point is a different option. The bullets do not mean eat all... Choose 1 version of the days options.

Sunday, Monday, Thursday, Friday

- Breakfast
 - % Of Egg Whites , Ezekiel Bread & Fruit
 - % OF Turkey Bacon & Wheat Waffles
 - % Of Greek Yogurt w/ Fruit & Granola or Oats
- Snack
 - % Of Almonds
 - % Of Deli Turkey Meat w/ Asparagus
 - % of Greek Yogurt
- Lunch (CHOOSE 1 of EACH Bullet Point)
 - % Of Lean Protein: Chicken, Fish, Red Meat (Once per week), Turkey, Ground Turkey, Tofu
 - % of Green Veggies: Zucchini, Asparagus, Green Beans, Broccoli, Bell Pepper, Squash
 - Possibility of % of complex carb: Brown Rice, Sweet Potato, Red Potato, Jasmine Rice, Oats
- Snack
 - Same as above

- Dinner
 - % Of Lean Protein: Chicken Fish, Red Meat, Turkey, Tofu
 - % of Green Veggies: Zucchini, Asparagus, Green Beans, Broccoli, Bell Pepper Squash
 - OR Salad with % of Protein and % of Veggies
- Protein Shake (mix with Water)

Tuesday, Wednesday

- Breakfast
- Snack
- Lunch
- Snack
- Dinner
- Protein Shake (mix with 1 cup of unsweetened almond milk)

Saturday

- Breakfast
- Snack
- Lunch
- Snack
- Dinner
- Protein Shake