**One Moore Fitness**

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| **Meal 1** | **5 Egg Whites & Oatmeal** |
| **Meal 2** | **¼ cup Cashews, Almonds, or Walnuts & Mass Gainer** |
| **Meal 3** | **5 oz Protein, 1 cup Vegetables & 1 cup Carbs** |
| **Meal 4** | **5 oz Protein & 1 cup Carbs** |
| **Meal 5** | **5 oz Protein, 1 cup Vegetables & 1 cup Carbs** |
| **Meal 6** | **Mass Gainer & Casein Protein** |

**\*Must eat every 2 to 3 hours to maximize results!!!**

**Food Choice Recommendations:**

**Proteins – White Fish, Salmon, Tuna, Chicken Breast, Turkey Breast, Ground Turkey, lean cuts of Beef and Egg Whites.**

**Fruits – Grapefruit, Granny Smith Apples, Peaches, Pears, any type of Berries, Plums, Prunes, Papaya, Oranges, Cantaloupe, Honeydew, Kiwi, Banana, Cherries, Figs, and Lemon/Lime.**

**Vegetables – Asparagus, green leafy Lettuce, Greens Beans, Peppers, Spinach, Onions, Tomatoes, Cucumbers, Cauliflower, Celery, Collard Greens, Cabbage, Broccoli, and Zucchini.**

**Carbs – Sweet Potatoes, Yams, Brown Rice, Oatmeal, Black Beans, Red Beans, Quinoa, 100 % Whole Wheat Pasta, 100% Whole Wheat Sandwich Wraps, and 100% Whole Wheat Breads.**

**Healthy Fats – Almonds, Walnuts, Cashews, Nut butters (almond, peanut, and cashew) and Avocados**

**Tips**

* **Nut butters should be all natural, the fresher the better. You may add honey to sweeten to taste.**
* **Avoid canned goods.**
* **Buy fresh or frozen fruits and veggies.**
* **Avoid pre-packaged meats.**
* **Avoid fruit juices with high sugar content.**
* **Limit the intake of processed foods, fast foods, pre-packaged foods and dried fruits.**
* **Green Veggies are UNLIMITED!!!**

**\*\*\* The plan consists of six days of clean eating with one day off each week. On your day off you are allowed one “free/cheat meal”, the rest of the meals and snacks consumed should be in accordance with the suggested foods outlined above ONLY.**

**DISCLAIMER: This is a *suggested* meal plan and individuals that comply with this meal plan do so at your own discretion. The meal plan is prescribed from a knowledgeable personal trainer’s perspective with over 10 years of experience, not from the perspective of a dietician.**