



**MY ONE - PAGE
PREP DIET
CHEAT SHEET**

MY ONE -PAGE PREP DIET CHEAT SHEET

Want to know my diet leading up to my competitions? I've simplified it to one page. The less you have to go through, the easier it will be to focus and take action. This is the standard diet. Feel free to switch up some of the foods (Example: Chicken for fish, etc.) You can also have one cheat meal on the weekends. But no cheat meals are allowed for the last 4 weeks.

All measures are precooked ~ meals are 2 hours apart

Meal One: 4 egg white & 1/4 cup plain grits or 1/3 oatmeal or 2 ezikiel bread

Meal Two: 1 scoop protein shake GAT supplement

Meal Three: 4 oz grilled chicken, 1/4 cup Jasmine rice & 4 oz green beans

Meal Four: 1/4 slice avocado & 1/4 cup of raw walnuts/almonds

Meal Five: 4 oz top sirloin, 3 oz red potatoes & 4 oz broccoli

Meal Six: 3 oz grilled chicken & small garden salad w/vinegar

Meal Seven: 8 oz grilled white fish & 5 oz asparagus

Use condiments sparingly such as: vinegars, mustards, sugar free ketchup, light pico de gallo or salsa, cilantro, spices, pink Himalayan sea salt, lemon, lime squeeze

1gallon water daily, coffee , tea , no dairy