

March Madness Meal Plan

20oz of H2O with each meal below

Burn Days

1. Balanced Protein/Carb Breakfast
2. Protein Snack (almonds)
3. Protein/Veggie Lunch
4. Protein Snack
5. Protein/Veggie Dinner
6. Protein/Veggie Snack (optional)

Refuel Days

1. Balanced Protein/Carb Breakfast
2. Protein/Carb Snack (almond/fruit)
3. Protein/Carb/Veggie Lunch
4. Protein/Carb Snack
5. Protein/Carb/Veggie Dinner
6. Protein/Carb Snack (optional)

1	2	3	4	5	6	7	8	9	10	11	12	13	14
B	B	B	RF	B	B	B	RF	B	B	B	RF	B	Free

It is recommended that you cycle your burn days with your refuel days. Your cycle is up to you. Most people prefer 3 burn days to 1 refuel day (shown above) but you do what works for you. If you need help on knowing what healthy proteins/carbs /fats/veggies, etc look like, just ask. I recommend doing this cycle for 2 weeks before having a FREE day.

Free Day: you can eat without any pattern, if you want a treat go ahead; just don't over eat (choose a moderate portion).

IMPORTANT: Eat ALL 5 meals/snacks (don't skip any). Space your meals/snacks at least 2.5 hours apart from each other, but don't wait longer than 4 hours without eating. If you wait longer than 4 hours, you won't get all 5 meals/snacks in AND you decrease your results.



Pure Water: I recommend spreading out your water intake but at minimum do 12 cups a day. 1 cup = 8oz

Suggestions for Nutrition:

Protein: white fish, salmon, tuna, chicken, turkey, eggs, egg whites, tofu, lean ground beef.

Veggies: Asparagus, green salad, green beans, peppers, spinach, onions, tomatoes, salsa, eggplant, celery, cauliflower, broccoli, cucumbers, etc..
NO corn, potatoes, squash, or peas.

Starch: Sweet potato, brown rice, cooked whole oats, all bran cereal, beans, or fruit. (1/2 cup each)

AVOID: white flour, most dairy, soda, deli meats, creamy sauces, dressings, sugar, honey, candy, butter, mayo, fried foods.

MISC: Vinegars, low calorie dressing, sprays, seasonings not high in salt