



MEASURED MEALS

TYPICAL DAILY MEAL PLAN OPTIONS PER CALORIE REQUIREMENTS

MUSCLE MEAL 520 CALORIES	SIGNATURE MEAL 370 CALORIES	LEAN GAINS 350 CALORIES	SUPER SHRED 230 CALORIES	SUPER JUICE 270 CALORIES
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Based on your required calorie intake, see 4 possible Meal Combinations to choose from.

CALORIES	Option 1	Option 2	Option 3	Option 4
3000	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
2900	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
2800	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
2700	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
2600	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
2500	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
2400	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
2300	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
2200	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
2100	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
2000	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
1900	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
1800	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
1700	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
1600	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
1500	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
1400	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
1300	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
1200	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
1100	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
1000	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
900	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
800	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●
700	●●●●●●●●	●●●●●●●●	●●●●●●●●	●●●●●●●●