

Eating Schedule

Dustin Competition Diet

		<u>Protein</u>	<u>GRAMS</u> <u>Carbs</u>	<u>Fat</u>	<u>MILLIGRAMS</u> <u>NA</u>	<u>K</u>	<u>Calories</u>	
Meal 1	10 egg whites	35	0	0			170	
	200g white potatoes, salsa	4.2	34.2	0			152	
	1 TBSP EV Olive Oil			14			120	442
WORKOUT								
	Pro Complex	60	5	1			270	270
Meal 2	250g chicken	52.5	0	4.75			292.5	
	200g sweet potato	4	41	0.4			180	
	150g carrots	1.5	12	0.3			60	532.5
Meal 3	2 can Tuna	60	0	2			250	
	1 Apple	0.5	25	0.3			95	
	150g broccoli, mustard	5	8	0.5			48	393
Meal 4	250g chicken	52.5	0	4.75			292.5	
	200g green beans	4	15.5	0.6			70	
	1 TBSP EV Olive Oil			14			120	482.5
Meal 5	50g Oatmeal	8	33	3.5			195	
	1 serving protein powder	30	2.5	0.5			135	330
Meal 6	16 egg whites	48	0	0			221	
	150g cucumbers	1	5	0.2			23	
	1 TBSP EV Olive Oil			14			120	364
TOTALS:		366.2	181.2	60.8	0	0	2814	2814