

Menu Plan and Eating Instructions

Below is a sample **Performance & Muscle Building Menu and eating instructions** for a 180 LBS athlete.

Arrange your meals around your activities

Although the meals appear in a breakfast, lunch and dinner fashion (meal numbers have no relevance to eating positions), you must arrange the meals around your training session(s). Space your meals no more than 3-4 hours apart. Other than your pre-event meal and pre- and post- snacks, you may eat the remaining meals in any order that fits your lifestyle or venue.

Early morning training

If you train soon after rising and have no time for complete digestion of a large meal, make sure you consume your pre-training meal (or something very similar) as your final meal of the day, as late as possible, and consume only the pre-workout snack before your early morning workout.

Pre and post training feedings

The pre/post feedings or snacks are usually shown in a liquid form, but you may substitute based on preference, venue and/or convenience, any of the appropriate dotFIT[™] foods. In other words, you may choose a bar as the pre-workout portion and a shake post-workout or vice-versa.

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Performance Menu – 3500 Calories				
Maal 1 Marring Speak		Carb (g)	Fet (g)	Calories
Meal 1 – Morning Snack Eat this meal as soon as you wake up.	Pro (g)	Carb (g)	Fat (g)	Calories
	45	20	-	220
1 dotFIT Breakfast Bar	15	29	5	220
1 cup (8 oz) Orange Juice	2	26	- 5	110
Total: Percent of Calories:	17 20%	55 66%	5 14%	330
Meal 2 – Pre Training Meal	Pro (g)	Carb (g)	Fat (g)	Calories
Eat this meal 2 ½ to 3 hours before workouts or competition.				
1 (3.7 oz) Honey Whole Wheat Bagel	11	64	1	300
2 tbsp Smooth Peanut Butter	8	6	16	188
1 medium Banana	1	27	0.4	105
1.5 cup (12 oz) Skim Milk	13	19	0.9	136
1 each dotFIT ActiveMV Multivitamin	-	-	-	-
Total:	33	116	18	729
Percent of Calories:	18%	61%	21%	
Meal 3 – Pre Training Snack (dotFIT Shake, Any Recipe)	Pro (g)	Carb (g)	Fat (g)	Calories
Eat this snack 10 to 40 minutes before workouts to maximize energy stores.				
2 scoops dotFIT Pre/Post & Meal Replacement Formula, Vanilla	20	35	3	240
1 cup Frozen Mixed Berries	-	17	-	70
Crushed Ice	-	-	-	
Total:	20	52	3	310
Percent of Calories:	25%	66%	9%	
Meal 4 – Post Training Snack (dotFIT Shake, Any Recipe)				
Eat or drink this snack immediately after workouts to refill energy stores and enhance recovery.	Pro (g)	Carb (g)	Fat (g)	Calories
2 scoops dotFIT Pre/Post & Meal Replacement Formula, Chocolate	20	35	3	240
1.5 (12 oz) Skim Milk	13	19	0.9	136
Total:	33	54	4	376
Percent of Calories:	35%	56%	9%	
Meal 4 – Post-training Meal	Pro (g)	Carb (g)	Fat (g)	Calories
Eat this meal within 1.5-hours after workouts				
1 Subway Footlong Turkey Sandwich	37	92	9	560
1 bottle (20 oz) Gatorade	57	35	-	130
		35	-	130
1 dotEIT SuperiorAntiovidant	-	-	-	
1 dotFIT SuperiorAntioxidant	27	127	٩	683
Total:	37 24%	<u>127</u>	9 14%	683
Total: Percent of Calories:	24%	62%	14%	
Total: Percent of Calories: Meal 5 – Starch/Grain with Meat, Veggies & Fruit				683 Calories
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