

## **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<sup>™</sup> 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
Total: Percent of Calories:	24%	62%	14%	
Total: Percent of Calories: Meal 5 – Starch/Grain with Meat, Veggies & Fruit Eat this typical dinner within 3-4 hours of previous meal 6 ounces New York Steak, Lean, Broiled	24%	62%	14%	
Total: Percent of Calories: Meal 5 – Starch/Grain with Meat, Veggies & Fruit Eat this typical dinner within 3-4 hours of previous meal 6 ounces New York Steak, Lean, Broiled 1 large (10.5 0z) Baked Potato	24% Pro (g)	62% Carb (g)	14% Fat (g)	Calories
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Total:         Percent of Calories:         Meal 5 – Starch/Grain with Meat, Veggies & Fruit         Eat this typical dinner within 3-4 hours of previous meal         6 ounces New York Steak, Lean, Broiled       6 ounces New York Steak, Lean, Broiled         1 large (10.5 0z) Baked Potato       1 tbsp Whipped Butter         2 tbsp Light Sour Cream       2 tbsp Light Sour Cream	24% Pro (g) 50 8 - 1	62% Carb (g) - 64 - 2	14% Fat (g) 11 0.4 8 3	Calories 310 290 67 38
Total:         Percent of Calories:         Meal 5 – Starch/Grain with Meat, Veggies & Fruit         Eat this typical dinner within 3-4 hours of previous meal         6 ounces New York Steak, Lean, Broiled       6 ounces New York Steak, Lean, Broiled         1 large (10.5 0z) Baked Potato       1 large (10.5 0z) Baked Potato         1 tbsp Whipped Butter       2 tbsp Light Sour Cream         1 cup Green Beans, Boiled, Drained       1 cup Green Beans, Boiled, Drained	24% Pro (g) 50 8 - 1 2	62% Carb (g) - - 64 - 2 10	14% Fat (g) 11 0.4 8 3 0.4	Calories 310 290 67 38 44
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