

# DURDEN, TYLER



## MEAL PLAN

PHASE 1

POWER ATHLETE NUTRITION  
FUEL THE FIRE

# THE PLAN

Let's get to work! I really like your goal. The fact is, your job makes you a target. You have decided that you refuse to be an easy target and want gang bangers and those who prey on the weak to think twice. Let's make sure they think otherwise completely!

Iso Caloric	Macro Cals	Measurement	Intra Shake	Food
P	1043	261g	25g	236g
C	1043	261g	50g	211g
F	1043	116g	0g	116g

## Morning Workout

~60 min Post WO

	SHAKE	Meal 1	Meal 2	Meal 3	Meal 4
P	25g	71g	59g	35g	71g
C	50g	63g	74g	42g	32g
F	0g	23g	23g	29g	41g
Cals	300	743	739	569	781

## AFTERNOON WORKOUT

~90 min Pre WO

~60 min Post WO

	Meal 1	Meal 2	SHAKE	Meal 3	Meal 4
P	59g	47g	25g	71g	59g
C	74g	53g	50g	63g	21g
F	35g	17g	0g	23g	41g
Cals	847	553	300	743	689

## EVENING WORKOUT

~90 min Pre WO

~60 min Post WO

	Meal 1	Meal 2	Meal 3	SHAKE	Meal 4
P	59g	59g	47g	25g	71g
C	74g	21g	53g	50g	63g
F	35g	41g	17g	0g	23g
Cals	847	689	553	300	743

## REST DAY

	Meal 1	Meal 2	Meal 3	Meal 4
P	59g	59g	59g	59g
C	74g	74g	32g	32g
F	17g	29g	35g	35g
Cals	685	793	679	679

# THE PLAN- MEAL 1

## MORNING WORKOUTS

### MEAL 1 - approx 60 mins post workout

Protein	Carbs	Fat	Fiber	Cals
32g	65g	24g	9g	579
Amount	Food			
1 cup	Greek Yogurt, Whole, Plain			
0.75 cup	GF Oats (uncooked)			
1 tsp	Honey			
1 tbsp	Almond Butter			

I need you to add 40g of Whey Protein to this. Mix it all together!

## AFTERNOON WORKOUTS/ EVENING WORKOUTS

### MEAL 1 - approx upon waking

Protein	Carbs	Fat	Fiber	Cals
58g	77g	34g	15g	854
Amount	Food			
6 eggs	Whole Eggs (Large)			
2 whites	Egg Whites			
0.75 cup	GF Oats (uncooked)			
1.5 Cup	Blueberries			

# THE PLAN- MEAL 1

## REST DAYS

### MEAL 1 - approx upon waking

Protein	Carbs	Fat	Fiber	Cals
59g	77g	20g	15g	718
Amount	Food			
3 eggs	Whole Eggs (Large)			
7 whites	Egg Whites			
0.75 cup	GF Oats (uncooked)			
1.5 Cup	Blueberries			

## THE PLAN- MEAL 2

### MORNING WORKOUTS

*MEAL 2 - approx 3-5 hours later*

Protein	Carbs	Fat	Fiber	Cals
55g	69g	21g	1g	712
Amount	Food			
6 oz	Ground Beef (90% lean or leaner)			
1.75 cup	White Rice (long grain)			

I eat this one a lot! Try adding some mustard and mixing it all together!

### AFTERNOON WORKOUT

*MEAL 2 - approx 90 mins pre training*

Protein	Carbs	Fat	Fiber	Cals
45g	49g	18g	1g	555
Amount	Food			
5 oz	Ground Beef (90% lean or leaner)			
1.25 cup	White Rice (long grain)			

### EVENING WORKOUTS

*MEAL 2 - approx 3-5 hours later*

Protein	Carbs	Fat	Fiber	Cals
58g	20g	38g	0g	667
Amount	Food			
7 oz	Ground Beef (90% lean or leaner)			
0.5 cup	White Rice (long grain)			
3 tsp	Coconut Oil			

## THE PLAN- MEAL 2

### REST DAYS

*MEAL 2 - approx 3-5 hours later*

Protein	Carbs	Fat	Fiber	Cals
63g	69g	29g	1g	816
Amount	Food			
7 oz	Ground Beef (90% lean or leaner)			
1.75 cup	White Rice (long grain)			
1 tsp	Coconut Oil			

## THE PLAN- MEAL 3

### MORNING WORKOUT

#### MEAL 3 - approx 3-5 hours later

Protein	Carbs	Fat	Fiber	Cals
30g	40g	15g	6g	410
Amount	Food			
3 oz	Chicken Breast			
8 oz	Sweet Potato (w/o skin)			
1 tbsp	Butter, Grassfed			

### AFTERNOON WORKOUT

#### MEAL 3 - approx 60 mins post workout

Protein	Carbs	Fat	Fiber	Cals
32g	65g	24g	9g	579
Amount	Food			
1 cup	Greek Yogurt, Whole, Plain			
0.75 cup	GF Oats (uncooked)			
1 tsp	Honey			
1 tbsp	Almond Butter			

I need you to add 40g of Whey to this.

### EVENING WORKOUT

#### MEAL 3 - approx 90 mins pre workout

Protein	Carbs	Fat	Fiber	Cals
25g	52g	14g	5g	412
Amount	Food			
1 cup	Greek Yogurt, Whole, Plain			
0.5 cup	GF Oats (uncooked)			
2 tsp	Honey			
0 tbsp	Almond Butter			

Let's add 20g of Whey to this one.

# THE PLAN- MEAL 3

## REST DAYS

### MEAL 3 - approx 90 mins pre workout

Protein	Carbs	Fat	Fiber	Cals
28g	36g	30g	6g	497
Amount	Food			
1 cup	Greek Yogurt, Whole, Plain			
0.25 cup	GF Oats (uncooked)			
1 tsp	Honey			
2 tbsp	Almond Butter			

Add 20g Whey here as well.



## THE PLAN- MEAL 4

### MORNING WORKOUTS

*MEAL 4 - approx 3-5 hours later*

Protein	Carbs	Fat	Fiber	Cals
71g	31g	26g	4g	649
Amount	Food			
8 oz	Steak, Sirloin			
5 oz	Sweet Potato (w/o skin)			
1 tsp	Honey			
1 tbsp	Butter, Grassfed			

### AFTERNOON WORKOUTS

*MEAL 4 - approx 3-5 hours later*

Protein	Carbs	Fat	Fiber	Cals
53g	21g	23g	2g	501
Amount	Food			
6 oz	Steak, Sirloin			
3 oz	Sweet Potato (w/o skin)			
1 tsp	Honey			
1 tbsp	Butter, Grassfed			

### EVENING WORKOUTS

*MEAL 4 - approx 60 mins post workout*

Protein	Carbs	Fat	Fiber	Cals
74g	66g	24g	9g	777
Amount	Food			
8 oz	Steak, Sirloin			
12 oz	Sweet Potato (w/o skin)			
1 tsp	Honey			
2 tsp	Coconut Oil			

# THE PLAN- MEAL 4

## REST DAYS

### MEAL 4 - approx 60 mins post workout

Protein	Carbs	Fat	Fiber	Cals
54g	36g	23g	4g	565
Amount	Food			
6 oz	Steak, Sirloin			
6 oz	Sweet Potato (w/o skin)			
1 tsp	Honey			
1 tbsp	Butter, Grassfed			

## **KEYS TO SUCCESS**

I need you to make sure you are adding a handful of colorful veggies to each meal! I'm talking greens, onions, mushrooms, peppers, etc.

I need you drinking a bare minimum of half your bodyweight in ounces of water daily.

If you aren't currently taking any supplements, let's add in Creatine as well as Whey Protein.

**At your earliest convenience, please send me your Before pictures so that I can add them to your folder!**

**Good luck!**